

10,000 STEP CHALLENGE

— *Begins Tuesday June 24th* —

Registration begins

Monday, June 2 - Friday, June 20, 2014

The 10,000 Step Challenge is a 12-week wellness walking program that encourages participants to become more physically active by tracking daily steps using a pedometer.

Kick off is Tuesday, June 24 11:00 am on the Portico of the City County Building.

Employees can register here:

[CITY OF PITTSBURGH REGISTRATION](#)

Employees can also contact city.fit@pittsburghpa.gov or call 412-255-2950 for more information

All Employees must track physical activity throughout the duration of the program.

Prizes will be awarded at the end of week 6 and week 12 to those who track their steps every week.

Register at www.startwalkingnow.org click on "**Activity Tracker**". Please use "**City of Pittsburgh**" as your Dept/Team.

You will receive a confirmation email with your username and password.



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Join the 10,000 Step Challenge and walk your way into a better you!



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