



10,000 STEP CHALLENGE COMING SOON!

Registration begins TODAY and runs through June 18th

Two ways to Register!

Register online by clicking on the link:

[City of Pittsburgh Registration](#)

OR

Employees who do not have access to the internet are encouraged to contact Frank Mannella @ 412-255-2383.

**Materials will be mailed to you by a Blues on Call representative.*

PARTICIPATE - ENCOURAGE - EXPLORE - START!

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

10,000 Step Challenge Kick-off will be held on Monday, June 24th @ 11:00 a.m. on the Portico of the City-County Building!
CityFit will kick off the 5th annual walk to PNC Firstside Park



Prizes will be awarded to Top Steppers at the end of week 6 and week 12. Employees are encouraged to track their weekly steps by logging onto www.startwalkingnow.org.

Watch for details to come with the May 31 pay checks!



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