



GO FOR BALD

Do, Eat and Believe in a Healthy Washington County

10,000 Step Challenge

Sunday, Oct. 11, 2020 – Saturday, Nov. 21, 2020

**Build up to walking 10,000 steps a day and
commit to becoming healthier!**

The 10,000 Step Challenge is a 6-week long walking program to assist you with getting started towards increasing your physical fitness and improving your overall health. Exercise from the comfort of your home or wherever you like, tracking your step count each day.

We'll be there to help you during your journey with weekly emails containing positive encouragement, in addition to fitness and nutrition tips.

Registration is FREE. The first 250 people to register will receive a free t-shirt upon completion of the challenge. Participants submitting weekly step logs will be entered into drawings for additional prizes.

For more information and to register, please visit the Healthy Washington County website at <https://healthywashingtoncounty.com/events/> or call 301-790-8907.

