

# BUILDING HEALTHY COMMUNITIES

## STAFF WELLNESS STEP CHALLENGE



You can make your step challenge even more engaging by offering a fantastic challenge prize such as a prime parking spot, a healthy catered lunch, or a donated gift card/certificate from a community sponsor. Choose a 30-day time period and start counting steps!

Did you know that one of the best ways to encourage healthy choices in children is to model those choices as an adult? Teachers, and other role models can help kids and teens make healthy choices by simply engaging in healthy behaviors like eating nutritious foods and being physically active. So, join together and show your students how your school staff prioritizes physical activity!

Tracking steps can be done in lots of ways. Pedometers, personal fit bits, free phone apps. There is a lot of flexibility to track however works best for your school staff. Have fun with it!

