



STEPPING INTO FALL WALKING CHALLENGE

Walking challenge for youth & adults
October 2 - 29, 2022

Come join us in this fun 4-week fitness challenge that includes:

- Weekly newsletter including theme for week, healthy recipe video, physical activity tips, and weekly fun facts
- Prizes for top 3 walkers (1st place Fit bit, 2nd place ear buds, 3rd place kettleball weight)
- No cost to participate
- Registration ends September 29, 2022



For more information contact:
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Register today by scanning QR
code or visiting the link below

<https://go.ncsu.edu/4wp5aqa>

