



KANE HEALTH COUNTS

SUMMER SHAPE UP WALKING CHALLENGE

WHAT: 6 Week County-Wide Walking Challenge

WHEN: June 1, 2017-July 12, 2017

WHY: To increase physical activity and improve the health of employees in Kane County



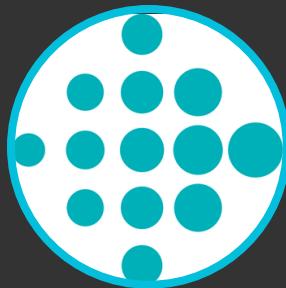
What's in it for me?

Each week, the individual with the most steps that week will be recognized via email and social media blasts.



The more competitive we get the better!

HOW TO REGISTER:



- Log into your FitBit account
- Search "**Kane County Summer Shape Up Challenge**"
- Click "JOIN THIS GROUP" in the left-hand corner
- Enter your place of work in the discussion



www.KaneHealthCounts.org

QUESTIONS? CONTACT ALEXIS AT
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