

IT'S TIME TO STEP IT UP!

- ✓ 8-week program
- ✓ Get active
- ✓ Visit new parks
- ✓ Win prizes
- ✓ All levels of fitness welcome
- ✓ Free to participate
- ✓ Sign up online



STEP IT UP! BEGINS APRIL 11
SIGN UP STARTS FEBRUARY 1



miottawa.org/stepitup



GROUP WALKS

Weekly, guided group walks
Variety of location & times
No registration required



ADVENTURES

Guided adventures like
kayaking and orienteering for
beginners - families welcome



GOAL SETTING

Easy-to-use activity tracking online
Set goals & see your progress
Report weekly for a chance to win!

Questions? Contact Amy Sheele:
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Step it Up! is brought to you by



miOttawa Department of
Public Health