



## GRAB YOUR WALKING SHOES, GET UP AND GET MOVING STARTING APRIL 9TH!

Join your coworkers in the 10,000 Steps-a-Day Challenge!

The program is **FREE!** Richmond Public Schools and the City of Richmond are sponsoring the challenge — at no cost to you. So get ready to join in the fun with your co-workers! It's a fun and easy way to improve your overall health and well-being. Register @ <https://www.10kactivityprogram.com/register/14fd9e57ac3d44a93654637906fc3d47>

- **Registration starts March 16th**
- **Challenge runs from April 9th – May 21st**

This challenge is for employees only.

### Here are the steps to connect your Fitbit:

- 1) On 4/9, when the program starts, when you first login, you will see a “Link Your Fitbit” button.
- 2) Click on this button, and you will be sent to the Fitbit Website to login into your Fitbit account
- 3) Once logged in, you’re set to go. Every 30 minutes there is a connection to the Fitbit Website to pull down data from the Fitbit user.

A “steps equivalent” chart is also available to translate other activities, like biking or weight training, into steps”.



**Together, all the way.**

