



Join the 2015 DSEHP Steps Challenge!

What? Track your steps using a pedometer or other wearable device and win prizes for being active at work and at home!

When? The steps challenge **begins** on October 12th, 2015 and **ends** on November 22nd, 2015.

Who? All DSEHP Employees are encouraged to participate in the Steps Challenge

REGISTER NOW on the *i*Strive digital wellness manager at www.HAP.org (HAP user name & password required)

(Registration Closes October 19th, 2015)

Sync your activity device (Fitbit, etc.) on the *i*Strive portal and track your steps automatically or enter your steps manually every day!

WIN PRIZES!

1st Place (most steps) wins a \$100 gift card

2nd Place wins a \$50 gift card!

3rd – 10th Place wins a \$25 gift card!

Track your steps every day on your computer or device and watch your exercise pay off!

