



STEP IT UP!

RCAB STEPS CHALLENGE

JUNE 4 - JULY 16

Individual Steps Challenge:

Walk your way to better health and enjoy some friendly competition! To successfully complete this challenge, you will need to log 294,000 steps within six weeks—an average of 7,000 steps throughout an entire day! Steps will be logged through our challenge website, which is compatible with numerous fitness devices (Fitbit, Garmin, Google Fit, etc.). All participants that complete the challenge will be entered into a raffle to win a prize. Please email support@dailyendorphin.com for help.

All are welcome to participate! [Click here to sign up!](#)

GET OUT YOUR
PEDOMETER!

LOGS STEPS
THROUGH OUR
CHALLENGE
WEBSITE

TUFTS
MEMBERS
COULD EARN
\$25 HRA
DOLLARS

QUESTIONS? EMAIL
BENEFITS@RCAB.ORG
OR CALL KARI AT
617-746-5641

ALL ARE WELCOME
TO PARTICIPATE!

PRIZE FOR THE
PERSON THAT LOGS
THE MOST STEPS!