



**Connecticut
Public Health
Association**

Promoting Public Health in Connecticut Since 1916



**National
Public Health
Week** www.nphw.org

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

Join the Connecticut Public Health Association's 10,000² Step Challenge

This year we are initiating a new challenge to hit a goal of 100 million steps by the end of National Public Health Week (April 2-6, 2018)! This is our state's part of the American Public Health Association challenge for **1 billion steps**, a chance to raise awareness of what it takes to improve everyone's health, from clean air to good nutrition to sound health policies.

HOW DO I JOIN?

- (1) Sign up to register your CPHA team [here](#)
- (2) Sync up your steps using Fitbits, pedometers, or health apps such as MyFitnessPal, iPhone Health App, or write them down manually, using the form attached to the email.
- (3) Submit your steps weekly [here](#)
- (4) Invite co-workers, family, friends, students, interns -- all are welcome!

Talk as You Walk!

Mentor your younger workers about career pathways and healthy lifestyles and see how walking makes your organization a great place to work!