

# ASBAIT Step Up for Wellness: Join Our Step Challenge!

We're thrilled to announce the launch of our Step Up for Wellness Campaign! In our continuous effort to promote a healthier lifestyle within the ASBAIT community, we invite each one of you to join our exciting Step Challenge. The Challenge will run for the Month of April. It's time to lace up your sneakers, get moving, and step into a healthier you!

## Why Steps?

Walking is one of the simplest, yet most effective forms of exercise. Not only does it improve your physical health by enhancing heart health, boosting immunity, and aiding weight management, but it also has a profound impact on your mental well-being. Stepping your way through the day can reduce stress, improve mood, and boost creativity.

## The Challenge:

Our Step Challenge is designed to be inclusive and motivating, encouraging participants to increase their daily step count in a fun and engaging way. Whether you're taking a stroll on the playground, marching in place during a meeting, or dancing in your classroom, every step counts towards the goals.

The challenge/campaign is twofold,

- There will be prizes awarded to the district that has the highest steps per participant.
  - Total steps divided by total participants.
- There will be prizes for the top three steppers across the entire ASBAIT population.

Anyone that agrees to participate will be given a gift for participating.

## Register to participate in the Spring Challenge:

Register to participate at <https://asbait.org/wellness/wellness-challenge>

- First Name, Last Name, Email Address, District



Download the Monthly Tracking Calendar for help tracking your steps.

## How to Participate:

### Step 1: Count Your Steps

Count the steps you take in a day and track them for every day in April. You can use a free step-counting app on your mobile device or any simple pedometer.

### Step 2: Put a Team Together

As we will discuss in our upcoming video cast on March 21, those working together have a much higher likelihood of reaching their goals. When we have a regularly scheduled time to check in with one another the success rates can be as high as 95%! So, form a group and walk together all in the banner of improving our health – one step at a time.

### Step 3: Set Your Goal

Now that you know how many steps you take in a day and you have a group it is time to set a goal. If you are not sure where to set your goal you can use our Step Pyramid, which is the topic of the April 3rd Thirve 3SixtyFive Newsletter.

### Step 4: Have fun!

Find fun ways to get your steps!

Stay Motivated: Share your journey, celebrate milestones, and encourage others at your school and social circles to participate with you.

### Accommodations

If you have physical limitations that prevent you from doing the step campaign, we would still love to have you join. Please email [wellness@asbait.org](mailto:wellness@asbait.org) and we can help with accommodations so that you too can participate.

### Support and Resources:

We're here to support you every step of the way! Stay tuned in the months of March and April as the newsletters will focus on fitness and steps.

### Lets Go!!

Join us as we take steps towards a healthier future. Embrace the challenge, enjoy the journey, and let's transform our health together. Step Up for Wellness starts April 1, 2024. Are you ready to step up? Let's make every step count!