SCHOOL OF NURSING
NEW YEAR
STEP CHALLENGE

Starts: January 16th  Ends: February 25th
Open to Nursing Students and Employees

Join us in the New Year Step Challenge!

Get active! Dust off your pedometer, phone app, Fitbit or other device that tracks steps. Set a goal and log your daily steps. Typically, 2,000 steps = 1 mile. Get your steps by walking, running, ice skating, snowshoeing, dancing or whatever!

Participants receive weekly reminders to log their steps and chances to win a weekly prize (one entry per 5,000 steps logged).

To sign up and log your steps: http://tinyurl.com/sonsteps

Questions? Having difficulty signing up or logging your steps?
Contact Tracy Mrochek (tracy.mrochek@wisc.edu).

*Always consult your healthcare provider before beginning any exercise program.

Sponsored by
The Healthy Environment Workgroup (HEW)

Interested in joining the HEW?
Contact Carol Aspinwall (caaspinwall@wisc.edu)