

# MAY MOVES

## Virtual Step Challenge

MAY 4<sup>TH</sup> - 31<sup>ST</sup>



**Walk, Jog, or Run...**  
***EVERY STEP COUNTS!***

Crush your goals and compete for awesome prizes as a top mover! Join our month-long virtual step challenge and turn everyday movement into big wins.

How it works:

- Register & track your steps in the Step Up app (*available through Technogym*)
- Track your steps all month long
- Prizes awarded to the biggest movers!

Scan QR code to register in the Step Up app  
(also available through Technogym)



**Carle**  
Health & Fitness Center

*Open to all members.*  
*Every step makes a difference!*

*Any questions or need assistance?*  
*Contact Alli Trainor, Fitness Services Manager at [atrainor@iwp-llc.com](mailto:atrainor@iwp-llc.com)*