



STEP YOUR WAY TO BETTER HEALTH



FEBRUARY 1ST TO FEBRUARY 28TH

**It's a great time to start Walking!
Join us for this Heart Healthy Step/Activity Challenge!**

You will compete individually by tracking your steps or activity for 4 weeks.

If you have or a way of tracking your steps/activity and want to join the challenge, Please call and register with the concierge. You can still register if you don't have a tracker

The Activity team has pedometers for residents to borrow. Let the Concierge know you need a pedometer when you register.



**We will have 1st, 2nd and 3rd
Winners**

**Call the concierge &
register @ 202-349-3400**