

STEP IT UP!

Fitness Challenge



Adventure Series

Join the Step it Up! Fitness Challenge

This free program is designed to help you get active and visit new parks.

All levels of fitness welcome!

Step it Up! begins on April 22. Sign up by April 15!

COMMIT TO FIT

Sign up online!
miOttawa.org/StepItUp

Participants can look forward to:

- Achieving fitness goals!
- Guided group walks with varying distances & paces
- Guided group adventures including kayaking, mountain biking, nature navigation, & more
- Discovering new parks in both Ottawa & Allegan counties
- Meeting new people
- Incentive prizes
- Motivation & accountability by logging activity

Beginners encouraged!



Questions? Contact Amy Sheele: (616) 393-5799

"The Step It Up program is a wonderful way to get people together to socialize and improve their health."



"The adventure activities were terrific! The navigation was fun and informative, and introduced me to a new park. The disc golf was an activity I likely would never have tried if not for this opportunity."

Step it Up is brought to you by



miOttawa Department of
Public Health