



August Step It Up Challenge

Track your steps for the month of August using your smartphone or device of your choice and earn Wellness points!

Earn 100 Wellness points by walking/running 50 miles, starting August 1, 2023 through August 31, 2023.

Submit a printout/photo of your TOTAL counted steps via email to ceciliaallas@co.imperial.ca.us by September 7, 2023.

Participants will be entered into a raffle!

Points: attach a printout/photo of your TOTAL counted steps to your Wellness tracker for credit. Add your points on your Wellness Tracker.

WELLNESS PROGRAM

Visit our HR Wellness page at: hr.imperialcounty.org/wellness-program/

Human Resources
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