
Human Resources
& Risk Management
COUNTY OF IMPERIAL
STEP IT UP CHALLENGE
Track your steps from November 16th through November 30th using your smartphone or device of your choice and earn Wellness points!
Earn 100 Wellness points by walking/running a total of 30 miles from November 16th through November 30th.
Submit a printout/photo of your TOTAL counted steps/miles via email to ceciliallamas@co.imperial.ca.us by December 4, 2026.
WELLNESS PROGRAM
Visit our HR Wellness page at: hr.imperialcounty.org/wellness-program/
Once completed, enter points into your Wellness Point Tracker under 2026 Step It Up Challenge – November.