



Hello Spring!

Let's Move Blair County Steps Challenge for schools, community groups, workplaces, faith based organizations, and individuals is about to begin! Are you ready to take the next step to help us build a healthy Blair County?

Our goal this year is to reach 100,000,000 steps as a community! Are you up to the challenge? [Sign up here](#) and you will learn how to receive weekly updates to log steps, highlighted snapshots of Blair County that week to visit, motivation tips, and strategies for healthy eating and active lifestyles. Each week, you or your team leader will be asked to report the total number of steps with weekly log-in of activities completed each week.

The challenge runs **March 15 through May 16, 2020**. We will acknowledge the top teams and individual with the most steps as leaders in the community that stepped up to the challenge to enhance their optimal state of health and strive for a healthier Blair County. Sign up by **Friday, March 13, 2020**.

We are excited to announce that Penn State Altoona is looking for volunteers to participate in a research project that aligns with the Steps Challenge. If you would like to sign up to be part of this research or want more information about this please complete the registration form and/or contact Nicole Gilbertson at nmg46@psu.edu or 814-949-5016.

Like us on [Facebook](#), check out our [website](#) for the Active Living Brochure, and don't forget to share the challenge with your family, friends, or co-workers to spread the word!

Thank You!

Let's Move Blair County Committee



UPMC Altoona



BLAIR REGIONAL YMCA

