

October 6 – November 2, 2025



2025 Fall Step It Up Challenge

Deadline to Submit a Team Name: Tuesday, September 30

Deadline to Register: Thursday, October 2

Step Into Wellness: A Whole-Person Health Challenge

Join our no-cost, four-week step program that encourages and promotes overall health in the workplace. **Fuel well-being with engaging activities that support the 8 dimensions of wellness - from movement and mindfulness to purpose and connection!**

Register a team made up of at least three participants that includes employees, colleagues, customers, family, and friends. Team and individual winners are based on step leaderboards.

Here's how to get started:

- Scan the QR code to learn more and register
- Determine whether you participated in the YumuuV platform in the past or are new to the challenge and follow the corresponding steps
- Finish registration and connect your device



Questions? Noelle Reinhart | 216.236.0363 | nreinhart@healthactioncouncil.org

You do not have to be a Health Action Council member to join. Must be 18 years or older