

# October 12 - November 8



## 2026 Fall Employer Step It Up Challenge



### Deadline to Register: Thursday, October 8

## Build Habits That Help You Feel Your Best

Join us this fall for four weeks of movement, motivation, and healthier everyday habits. **Explore simple ways to pair daily movement with healthy nutrition**, take on engaging mini challenges, and discover practical wellness tips you can incorporate into your routine. Whether it's choosing a healthier lunch, staying hydrated, taking a walking break, or preparing a nutritious meal, each week offers new ways to fuel better, move more, and build habits that can last beyond the challenge.

Team and individual winners are based on step leaderboards.

### Here's how to get started:

- Scan the QR code to sign up
- Use the signup code **FALL2026**
- Fill in all the required fields, including team name, finish registration, and connect your device

