

Win up to \$1,500 for your school and set a powerful example for students!

October 12 - November 8



2026 Fall Healthy Kids Step It Up Challenge



Deadline to Register: Thursday, October 8

Eat Well. Move More. Lead by Example.

Step into a four-week step program designed to bring **movement**, **healthy nutrition**, and **fun** to your school community. Pair daily physical activity with nutrition-focused mini challenges, practical wellness tips, and simple healthy habits you can model for the students at your school

Get moving, make nutritious choices, cheer on your teammates, and track your progress throughout the challenge!

Team and individual prizes are up for grabs, with cash prizes for top school teams and weekly wellness prizes for individuals.

Here's how to get started:

- Scan the QR code to sign up. **The deadline is October 8**
- Use the signup code **FALLHK2026**
- Fill in all the required fields, including team name, finish registration, and connect your device



For questions, please email nbis@healthactioncouncil.org