

# March 30 – April 26, 2026



## 2026 Spring Step It Up Challenge

Deadline to Submit a Team Name: Tuesday, March 24

Deadline to Register: Thursday, March 26

### 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. **This spring, participants will “travel” through new themed destinations, each with its own fitness focus and fun mini challenges to stay motivated!**

*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](mailto:nreinhart@healthactioncouncil.org)

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