

March 16, 2025 – April 13, 2025



2025 Spring Step It Up Challenge

Deadline to Submit a Team Name: Tuesday, March 11

Deadline to Register: Thursday, March 13

Spring Forward with Healthy Habits!

Join our no-cost, four-week step program that encourages and promotes overall health in the workplace. **This spring, participants will enjoy fun spring activities and share healthy recipes, while earning prizes.**

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