

Steps to Health 2024

5 week Staff Challenge

Starts: Monday 13th May 2024

Finishes: Sunday 16th June 2024



- Set up your team of 2–10 people
- Nominate a co-ordinator
- Register your team at hse.ie/stepschallenge
- Get active daily by stepping or wheeling with your teammates. Every Move Counts!
- Record your daily steps or distance using phones, personal devices or step counters
- Record your teams total weekly steps
- Keep active and walking after the challenge!

More information: hse.ie/stepschallenge or email: stepstohealth@hse.ie

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