

HANDS OF HEALING STEPS UP “TAKE TWO”

AND JUST LIKE THAT THE FIRST QUARTER OF THE YEAR HAS COME TO A CLOSE. AS FLOWERS BEGIN TO BLOOM, AND TEMPERATURES START TO RISE, WE ENCOURAGE YOU GET UP AND ACTIVE BY JOINING US IN “TAKE TWO” OF THE STEP-BY-STEP CHALLENGE.

FOR THE MONTH OF APRIL, THE TARGET HAS BEEN SET AT WALKING AT LEAST 6500 STEPS A DAY. AT THE END OF THE MONTH, THE PROGRAM WITH THE HIGHEST AVERAGE OF DAILY STEPS WILL RECEIVE A PRIZE.

ADDITIONALLY, WE WILL BE REWARDING INDIVIDUALS WITH THE HIGHEST AVERAGE OF STEPS WITHIN THEIR PROGRAM.

REMINDER, IF YOU MISS THE TARGET SOME DAYS YOU CAN ALWAYS MAKE UP THE STEPS; YOU HAVE MET THE CHALLENGE AS LONG AS YOU AVERAGE 6500 DAILY STEPS AND REACH 195,000 BY THE END OF THE MONTH.



CHALLENGE RULES

Each program must submit the names of participants at their location no later than 3/28/2025 by the end of business. All Program Directors are responsible for designating one staff member to collect the total amount of steps for their program. On April 15th designated reporters must submit their program's total number to Lauryn Weetly (@:lweetly@handsofhealing.org) only accounting for steps between 4/1 to 4/14 (at this point we will send an update revealing which team is in the lead). *Central Office employees will solely report their total to Lauryn Weetly.

April 7th is the final day to drop out of the challenge; Thereafter, all submitted names will be included in the final number and average for each Team. On the 8th reporters will be notified of their Team's goal, which is determined by the remaining number of participants multiplied by the 195,000 steps each person needs to meet the challenge. In order for your Team to win, your program must generate the highest average of daily steps, in addition to meeting the Team's goal. If no program reaches their goal, we will only reward individuals with the highest number of steps within their program. For the sake of uniformity we are requesting that all participants download the "Pedometer – Step Counter" app as method of tracking their steps.

Pedometer- Step Counter

On May 1st the challenge will officially come to a close, and each participant must submit screenshot documentation verifying their entire number of steps taken in April. You can access this information on the "Pedometer-Step Counter" app by clicking month at the top righthand corner. Please keep in mind that documentation is required in order for your steps to be counted.



We will be accepting proof of steps through Friday, May 2nd, and the official winners will be announced sometime the following week.

PRIZES

There are 2 different levels of prizes: One winner with the highest steps at each site, and the Team with the highest number of steps based on an average of their Team.

Team/Group prize: Tropical Smoothie/Smoothie King party, or you can recommend an option as a Team (for participants only).

Program level/Individual prize: One extra vacation day (to be scheduled at the discretion of the Program Director/Administrator).

Daily Reminders to Establish Healthy Habits:

- Use breaks as opportunities to get steps in.
- Please use this opportunity to increase your hydration/water intake.
- Challenge yourself to do more if you already track your steps.
- Listen to your body and only participate if you are physically up to the challenge.