

# Level Up Steps Challenge

## STEP TOWARDS A YOUNGER YOU.

New year, new YOU! Level up your steps game and health this month by walking at least 7,000 steps a day for 21 days.

### The goal

Take 7,000 steps per day between 1/1/2024 and 1/31/2024 to meet the challenge goal of 147,000 steps. Don't worry, getting 147,000 is easier than you think. Take an extra lap around the block with the dog, try for a few more minutes on the treadmill or convert your daily activities to get credit for things like housework, yoga or gardening.



Have questions?

Visit [lahealthconnect.sharecare.com](https://lahealthconnect.sharecare.com).

### How the challenge works

1. Log in to your Sharecare account or register at [lahealthconnect.sharecare.com](https://lahealthconnect.sharecare.com).
2. Find **Challenges** under the **Achieve** icon.
3. Look for **Level Up Challenge** and click **Join**.
4. Grab your smartphone, pedometer, or any other activity tracker, and start recording your steps. Aim for at least 7,000 a day.

### How do I track my steps?

There are two ways to track your steps:

1. **Automatic Tracking:** Sync with your Samsung or iPhone's Health apps or Android's Google Fit app to allow for seamless, automatic input of your steps data.
2. **Manual Tracking:** Each day, log in to the Sharecare app to manually record the number of steps you've taken. Use the steps conversion chart to convert your activities to steps.

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Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-866-595-8133 (ATS: 711).

Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-595-8133 (TTY: 711).

Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-866-595-8133 (TTY: 711).