



Step It Up Challenge

STEP TOWARDS A YOUNGER YOU.

The Step It Up Challenge runs from February 1 to March 10, 2023. It's all about adding more movement to your day, while reaping the rewards. Getting more movement has shown to reduce stress, improve productivity, boost your sleep and lower your RealAge. Which means this challenge is a win-win!

The goal

Track at least 5,000 steps for 21 days between February 1 and March 10, 2023. Don't worry getting your daily steps in 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.

How the challenge works

1. Log in to your Sharecare account or register at lahealthconnect.sharecare.com.
2. Find the **Challenges** under the **Achieve** icon.
3. Look for **Step It Up Challenge** and click **Join**.
4. Grab your smartphone, pedometer, or any other activity tracker, and start recording your steps. Aim for at least 5,000 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.

© 2023 Louisiana Healthcare Connections. All rights reserved. Louisiana Healthcare Connections does not discriminate on the basis of race, color, national origin, sex, age, or disability.

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).