



The
INVITATIONAL
TEAM STEPS CHALLENGE



**Don't miss the fun! Step up your well-being
between April 10 and May 14.**

Track any activity

Walk, dance, swim, or stay active any way you like. There's a steps conversion chart in SmartHealth. To record your activity, sync your fitness device or enter your steps manually.

Earn points

You can earn 50 SmartHealth points per weekly round.

Register at **smarthealth.hca.wa.gov** or on the Wellness At Your Side app between March 27 and April 9.
