



Use your fitbit or smart watch. I have pedometers and other items in office to track steps should you need one. Please contact me! :D

WALK INTO JANUARY

Let's be honest - we all indulged in sugary snacks and treats during the month of December! How could we not?

Let's **Walk into January** by walking off Christmas & tracking our daily # of steps each day! This is a 2021 Step Challenge that can be continued virtually through this pandemic.

Submit total # of steps for the week to **m.carroll@spokanetribe.com** each FRIDAY for a MONDAY drawing! I will send reminders each Friday to submit!

WEEKLY DRAWING FOR PARTICIPATION.

Yes, children can participate!!! We encourage them!

Does not matter how many steps you complete each week - staying active and moving is the goal this month. We will draw 3 themed incentive winners each week; theme toward being active & healthy (exercise mats, jump ropes, resistance bands etc.)

Let's see how many steps we can get as a community!

We will focus on the remaining 4 Fridays (January 8, 15, 22, 29). I will keep track of your total # of steps as you submit them!

CHANCES TO WIN GIFT CARDS TO NIKE, CABELAS AND MORE AT THE END OF THE MONTH FOR TOP 5 STEPPERS!!!

YOUTH & ADULT (5 WINNERS PER CATEGORY)

CHECK US OUT ON FACEBOOK AT
WWW.FACEBOOK.COM/STOIHEALTHANDWELLNESS
ANY QUESTIONS -- MICAELA CARROLL
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