

We Want **ATHLETES** to Walk **1 Million Steps!**

Walk 6,500+ steps a day from
January 1 to May 31, 2019

How your Athletes can Earn a Pair of Shoes from Finish Line:

- Be a registered Athlete. Have a current Athlete Application for Participation and Athlete Medical on file
- Be a registered member of your local program's Unified Fitness Club (UFC).
- Attend the 2019 Summer Games. Summer Games is the ONLY distribution time to earn shoes from Finish Line. Shoe distribution is no longer connected to Healthy Athletes screenings.
- Athletes using wheelchairs are eligible. Contact State Office for details.
- Wear and sync a fitness tracking device through DHS.
- UFC Club must be compliant with Roster Form, Health Metrics, and Lifestyle Surveys.

Bonus Steps:

Attend your local Unified Fitness Club meeting once a week and earn 15,000 steps each meeting.

Unified Fitness Club Directors will be asked to submit monthly attendance sheets by the 15th of the next month. Limit one bonus per week. Maximum 300,000 steps.

How to Get Involved OR Start a Unified Fitness Club:

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Example of How to Progress Steps to Reach 1 Million Steps:					
	# steps/ day	# of days	Total steps	Meetings/ month	Bonus Steps
February	5500	28	154,000	4	60000
March	6500	31	201,500	4	60000
April	8000	30	240,000	4	60000
May	9500	31	294,500	4	60000
Sub Total			890,000		240000
Grand Total with Bonus Steps:					1,130,000