



BILLION STEPS CHALLENGE



Register for Kane County Walking Challenge

Kane County is participating in APHA's national Billion Steps walking challenge!

Here's how to join.

1. Go to: <http://www.nphw.org/get-involved/steps-challenge/get-started>
2. Create an account, connect your device and complete your profile
 - a. Join "[ChronicDiseaseActionTeam](#)". Use the search bar to find our team.
 - b. Sync your device. Walker Tracker syncs with the Apple Health and Google Fit apps on smart phones and these wearable devices:
 - i. Fitbit | Misfit | Withings | Garmin | Striiv | Apple Watch
3. No device? No problem. Here's how to log your activity:
 - a. <http://www.nphw.org/get-involved/steps-challenge/log-your-activity>

This flier is also available on the **Kane Health Counts** website

www.kanehealthcounts.org

Hosted by: **KANE HEALTH COUNTS CHRONIC DISEASE ACTION TEAM**