

SEPTEMBER

MOVE TO YOUR GROOVE
WALKING CHALLENGE



Get ready to step it up and join us for the **SEPtember** *Move to Your Groove* Walking Challenge. Be a part of the movement through music and get access to exclusive playlists, dance classes, walking groups, step tips and more! Compete on a team within your agency, or as an individual. Lace up your shoes and let's get moving and grooving to the top of the leaderboard!



DOWNLOAD

the MoveSpring app,
create an account or log in
to your existing one



JOIN

the SEPtember Move To
Your Groove Challenge!
Use code: **workwellnyc**.
Join a team or step solo!



LEARN MORE

at nyc.gov/stepember

REGISTER AT [NYC.GOV/SEPTEMBER](http://nyc.gov/stepember)

REGISTRATION:
AUGUST 23 - SEPTEMBER 15

CHALLENGE:
SEPTEMBER 20 - OCTOBER 19

Scan to register!



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