

STEPTEMBER

ONE CITY. ONE GOAL. ONE CHALLENGE.



Lace up your sneakers and get ready for a journey through the 5 boroughs! For this month-long step challenge, we're walking, running, and rolling on a virtual tour across New York City.

REGISTRATION: 8/17 - 9/13 **CHALLENGE: 9/14 - 10/13**

HOW TO PARTICIPATE



Join a team within your agency and compete for highest average step count.

OR

Participate on your own and see how many days you hit 8,000 steps.



HOW TO REGISTER



- 1** Download the MoveSpring app
- 2** Create an account or log in to your existing one
- 3** Join the STEPtember 2020 Challenge!
Use code: stepnyc123



LEARN MORE HERE! 

Visit nyc.gov/stepember for challenge FAQs and more!

 @workwellnyc

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 nyc.gov/workwellnyc

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MORE** 

**WorkWell
NYC**
Bill de Blasio, Mayor
Healthy Workforce. Healthy City.