

MEDIA RELEASE

ERIE COUNTY DEPARTMENT OF HEALTH



FOR IMMEDIATE RELEASE

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Step It Up Erie County fitness competition registration deadline is April 2

Erie, PA — Deadline to register for this year's **Step It Up Erie County** is April 2. Step It Up Erie County has made its debut. Mark your calendar for the kick-off on April 3!

Organized by the Erie County Department of Health and formerly known as Erie Walks, Step It Up Erie County is a free program for businesses, organizations and nonprofits that encourages physical activity through friendly competition.

Over the eight-week course of the competition, you earn steps by moving your body in any way you see fit. The point is that it is intentional movement, a scheduled exercise class, a walk at lunch instead sitting, walking or biking to a nearby meeting instead of driving, taking a 15-minute dance or yoga break, etc.

"The program is focused on creating a healthier workforce and community through physical activity," said Krysten Sisson, Coordinator for Step It Up Erie County. "Physical activity can help prevent disease, manage chronic health conditions and improve mental health and resilience. Employees spend one-third of their day at work sitting at a desk or in meetings, it's time to create a culture of well-being and incorporate more physical activity into the day: before, during, and after work."

Erie County businesses and organizations with at least one brick and mortar location are eligible to participate.

Participants will be able to monitor their progress at StepItUpErieCounty.org. All intentional exercise earns points. "Whether you do 30 minutes or 3 hours, it counts. All activity will be reported in steps or miles and the platform will tally your total steps. There's a great activity conversion chart at StepItUpErieCounty.org/how-it-works," she said.

The winner of the competition will receive a trophy and have the privilege to display it at their brick and mortar location until the next Step It Up Erie County competition. Registration is ongoing at StepItUpErieCounty.org/register. For details, contact 814-451-7872 or getmoving@stepituperiecounty.org.

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