

MEDIA RELEASE

ERIE COUNTY DEPARTMENT OF HEALTH



FOR IMMEDIATE RELEASE

March 18, 2024

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Step It Up Erie County fitness competition registration deadline is March 29

Erie, PA — Deadline to register for this year's **Step It Up Erie County** is March 29. Organized by the Erie County Department of Health, this free program for businesses, nonprofits and organizations encourages physical activity through a friendly fitness competition.

Over the eight-week course of the competition from April 1 to May 26, participants earn points by logging all of their physical activity or exercises in any way they see fit. Examples include a scheduled exercise class, a walk during their lunchbreak, 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 Leann Sestak, 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. This program can help foster a culture of well-being by incorporating more physical activity into the day.”

“We are inviting all Erie County businesses and organizations to join the fun and step it up!” Participants can register and then monitor their progress at StepItUpErieCounty.org. All physical activity or exercise will earn points. “Whether you do 30 minutes or 3 hours, it all counts.” she said.

The winning group will receive a plaque. Register by March 29 at StepItUpErieCounty.org/register. For details, contact 814-451-7872 or getmoving@stepituperiecounty.org.

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