

MEDIA RELEASE

ERIE COUNTY DEPARTMENT OF HEALTH



FOR IMMEDIATE RELEASE

March 11, 2025

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Step It Up Erie County Fitness Competition Registration Deadline April 4th

ERIE, PA — Step it Up Erie County returns! Mark your calendar for the kick-off event on April 7th, 2025 at 12 PM in Perry Square (in the case of bad weather, the event will be moved to Gannon Highmark Events Center). The deadline to register for this year's competition is April 4th at noon. The competition will run through June 1st.

Organized by the Erie County Department of Health, Step It Up Erie County is an 8-week, county-wide fitness competition launching each April in conjunction with National Public Health Week. Local businesses and organizations are invited to participate for free by creating teams with their employees and volunteers. Teams compete to have the most physical activity tracked for a chance to claim the Step It Up Erie County Champion trophy!

Over the course of the competition, you'll earn points by moving your body in any way you see fit. All intentional exercise counts—a scheduled exercise class, a walk at lunch, 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. Physical activity is proven to help prevent disease, manage chronic health conditions, and improve mental health and resilience. Many employees spend a large portion of their workday sitting at a desk or in meetings. The Erie County Department of Health is here to encourage a culture of well-being by incorporating more physical activity into your day before, during, and after work.

Erie County businesses and organizations with at least one physical location are eligible to participate. Teams will compete against teams of similar sizes (Small: 5-20 participants; Medium: 21-35 participants; Large: 36+ participants). There will be a winning team for each size category. Participants will monitor their progress at stepituperiecounty.org where numerous resources are available, including competition instructions, an activity conversion chart for points, suggestions for public exercise spaces, team leader boards, and event announcements. Free public fitness events will be shared and promoted to help get you moving!

Registration is open until noon on April 4th at stepituperiecounty.org/register. You must be 18+ years of age to participate. Questions or comments about registering can be directed to the program coordinator, Celeste Makay, at 814-451-7872 or getmoving@stepituperiecounty.org.

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