

STEPtember

Every step counts - move more, feel better, have fun!

Join Prescribe FIT's September step challenge!

The goal isn't to compete - it's to celebrate movement together!

How it Works



OR



OR



Track your steps

Track your distance

Track your time

Aim for 8,000 steps, 4 miles, or 1 hour per day!

Together, let's walk across the country - one step at a time!

Benefits of Walking

- ✓ Strengthens bones
- ✓ Supports joints
- ✓ Builds muscle
- ✓ Protects the spine
- ✓ Aids rehab & prevention
- ✓ Improves balance & mobility

Every Step is a Win!

Track your steps in the Prescribe FIT PACE Mobile App by connecting your Smartwatch:
prescribefit.com/connecting-your-wearable/

Optionally, track your steps or distance on [WorldWalking.org](https://www.worldwalking.org/). Join the Prescribe FIT group!