



It's time to STEP IT UP!

This free, 6 week program is designed to help you stay active and visit new parks. Participants of all fitness levels are invited to join. Simply track and report your steps or activity each week to be eligible for a FitBit fitness tracker (awarded weekly). A map will show participants "virtually walking" along 210 miles of regional trails in Michigan. Participants (and everyone) are invited to explore county parks during one or all of our optional group walks. Each walk will be led by a naturalist guide. Different pace groups will be available.

REGISTER BY AUGUST 14
at www.miOttawa.org/StepItUp

GROUP WALK SCHEDULE

No registration required. Participation is optional & open to everyone.

- Aug 14** 5:30 pm - Pigeon Creek Park
- Aug 19** 10 am - North Ottawa Dunes
- Aug 19** 10 am - Outdoor Discovery Center
- Aug 22** 10 am - New Richmond Bridge Park
- Aug 24** 5:30 pm - Paw Paw Park (East)
- Aug 30** 5:30 pm - Grand River Park
- Sept 6** 10 am - Allegan Sports Complex
- Sept 9** 10 am - Rosy Mound Natural Area
- Sept 14** 5:30 pm - Upper Macatawa Natural Area (84th Avenue entrance)
- Sept 21** 6 pm - Hemlock Crossing
- Sept 23** 10 am - Bysterveld Park

Contact: Amy Sheele (616) 393-5799
asheele@miottawa.org

Step It Up is brought to you by:



Ottawa County Parks & Recreation Commission

miOttawa Department of Public Health



Group walk at Kirk Park, Ottawa County