

# Join the Step it Up! Fitness Challenge

This free, 8-week program is designed to help you get active and visit new parks.

All levels of fitness welcome.

Step it Up! begins on May 10, 2021. Sign up today!



## Participants can look forward to:

- Setting & achieving fitness goals
- Weekly guided group walks (more info below)
- Guided group adventures
- Visiting parks in Ottawa & Allegan counties
- Easy-to-use online activity tracker
- Incentive prizes

BEGINNERS  
ENCOURAGED!

Sign up by May 7  
[miOttawa.org/stepitup](https://miOttawa.org/stepitup)



*"This program is a great way to get my grandkids away from their electronic devices and into the great parks that we have!"*



## GROUP WALKS

Step it Up! group walks provide the opportunity to meet new people, discover new parks, and be more active outside!

- 30+ group walks available to participants
- Variety of locations, paces, and days/times
- Group size limited to 25

Group walks & adventures are free; all equipment is provided. Additional registration is required. Details and links will be provided to participants via email. Masks are required.

## ADVENTURE SERIES

Step it Up! group adventures provide the opportunity to try something new!

- Kayaking
- Nature navigation
- StoryWalk
- Family Wander



*Adventure Partners*  
Michigan Adventure Race  
Hike it Baby  
Loutit Library  
Leave No Trace  
Outdoor Discovery Center

Questions? Contact Amy Sheele: [asheele@miottawa.org](mailto:asheele@miottawa.org)

The Step it Up! program  
is brought to you by



miOttawa Department of  
**Public Health**