VCS Vitality

2021

ONE STEP AT A TIME CHALLENGE

JOIN THE FUN...

And compete against other schools and departments in this district-wide fitness challenge!

Work as a team with your school or department(s) to boost your daily activity. Aim to increase your activity each day. You might add distance, time or intensity.

The challenge runs February 1-28.

Register Between January 25 - February 6

- **FHCP Members – Enter member portal at FHCP.com. Once in member portal click on Welcome to Wellness, then scroll down to Challenges. Click on One Step at a Time.**
- **Non-FHCP Members – Register with your Wellness Champion and receive a manual activity tracker.**

You Can Start Logging Your Activity on February 1

- **FHCP Members – From the One Step at a Time site, use the online tracker or connect your fitness device to auto log your activity.**
- **Non-FHCP Members – Use the manual activity tracker you received when you signed-up with your Wellness Champion**

Be Sure Your Activity Data is Logged by March 1

- **Non FHCP Members – be sure you turn in your completed tracker to your Wellness Champion**

The winning school or department will get to house the traveling trophy and the team members will get a delicious lunch!

QUESTIONS? E-mail Carla Cosio at ccosio@fhcp.com or cccosio1@volusia.k12.fl.us
or call 386-676-7100 ext. 7247

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