

# UCSF step it up! Challenge

Dear colleagues,

I invite you to participate in the 2020 Step it Up Challenge! This year has been tough. Now's the time to refocus on your physical activity goals and finish the year strong with your UCSF community. Let's be the team to beat! We can join as a group or as individual participants – but what's important is that we prioritize our health and get moving.

Step it Up is a fun online wellness challenge intended to promote healthy habits. The 5-week challenge starts on **November 16** and registration is open now! During the challenge, you'll get points for physical activity (including steps), as well as keeping a gratitude journal, recognizing your colleagues, and maintaining a sleep schedule. There are optional bonus points for maintaining your weight during the challenge. Everyone who meets the weekly challenge goal will be entered in a prize drawing to win Amazon.com gift cards!

Sign up now as an individual or a member of a team at <http://stepitup.ucsf.edu>. For more information and to learn about the recruitment challenge to win a free white noise machine, visit the Step It Up Webpage:

[https://campuslifeservices.ucsf.edu/wellnesscommunity/services/programs/step\\_it\\_up](https://campuslifeservices.ucsf.edu/wellnesscommunity/services/programs/step_it_up)

Questions? Email [stepitup@ucsf.edu](mailto:stepitup@ucsf.edu)



Back by popular demand!

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November 16 – December 18  
online challenge is open to UCSF  
faculty, staff, trainees and students

- Stay Active
- Get Sleep
- Say Thanks

Earn points for chances to win prizes -  
We're giving away 10 gift cards every week!

enroll at:  
[stepitup.ucsf.edu](http://stepitup.ucsf.edu)  
More information at [tiny.ucsf.edu/stepitup](http://tiny.ucsf.edu/stepitup)

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