Dear colleagues,

I invite you to participate in [Step it Up: The Holiday Edition](https://campuslifeservices.ucsf.edu/wellnesscommunity/services/programs/step_it_up)! Step it Up is a fun online wellness challenge intended to promote healthy habits.

The 5-week challenge starts on **November 5.** During the challenge, you’ll get points for physical activity (including steps), as well as keeping a gratitude journal and recognizing your colleagues. 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](https://www.extracon.com/Secure/Login.aspx?ThemeName=ucsf). For more information, visit the Wellness & Community [website](https://campuslifeservices.ucsf.edu/wellnesscommunity/services/programs/step_it_up).