

JOIN APHA'S
1 BILLION STEPS
CHALLENGE



Help Peabody take 300,000 steps a day (that's like walking to San Francisco and back)!

February 26 – April 8

**JOIN THE "PEABODY PRIDE" TEAM FOR
1 BILLION STEPS CHALLENGE!**

The American Public Health Association's annual step challenge is going on now, and Peabody is hosting a community-wide team! Participants use the free app Stridekick to track steps. To learn more visit <http://www.nphw.org/get-involved/steps-challenge>.

Walking reduces the risk of heart disease and diabetes.

Sync your device and start tracking your progress now!

Stridekick is compatible with Fitbit, Apple watch, Google fit for Android, iPhone health app, Garmin, Misfit, and others.

To join the Peabody Pride team:
<https://stridekick.com/tc/apha18>

FREE of Charge

SOME OF THE BENEFITS OF WALKING....

BUILDS BONE MASS,
REDUCING RISK OF OSTEOPOROSIS

BOOSTS ENDORPHINS
EASING STRESS, TENSION, ANGER, FATIGUE, AND CONFUSION IN TEN MINUTES

REDUCES GLAUCOMA RISK

LIMITS SICKNESS
BY HALVING ODDS OF CATCHING A COLD

HALVES ALZHEIMER'S DISEASE RISK
OVER 5 YEARS

WORKS ARM & SHOULDER MUSCLES

IMPROVES HEART HEALTH
BY INCREASING HEART RATE AND CIRCULATION

ENGAGES AB MUSCLES

IMPROVES BLOOD PRESSURE
BY FIVE POINTS

LIMITS COLON CANCER
BY 31% FOR WOMEN

STRENGTHENS LEGS,
INCLUDING QUADRICEPS, HIP FLEXORS, AND HAMSTRINGS

IMPROVES BALANCE
PREVENTING FALLS

BURNS MORE FAT
THAN JOGGING

Only 30 minutes a day, 5 times a week can make you healthier and happier.

