



News Release

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Contact: Tom Schlueter (630) 444-3098

630-417-9729 (cell)

www.kanehealth.com

Be active! Join the effort to reach 1 billion steps

Looking for a chance to be more active? What better way to than to join the American Public Health Association's (APHA's) 1 Billion Steps Challenge!

It's always more fun when you exercise with others. Take family walks, schedule walking meetings at the office, walk your children to school – the more people who join, the quicker we'll reach 1 billion steps. Plus, we'll be encouraging healthy habits among our family, friends and co-workers!

Individual and team steps from around the nation will be tracked until April 9th with the goal of reaching 1 billion.

As part of the Kane County Health Department's Community Health Improvement Plan (CHIP), the Chronic Disease Action Team is focusing on getting community members more active. To that end we have started our own team, called "Kane Health Counts Steps."

Steps will be tracked through April 9th. The APHA website allows you to track steps by linking to your Fitbit, phone, and other fitness trackers, so there is no extra work. You can join the "Kane Health Counts Steps," start your own team, or register as an individual. Simply visit the [APHA's website to register and sync your device.](#)

Don't forget to follow the Chronic Disease Action Team's progress of increasing physical activity and nutrition for Kane County at www.KaneHealthCounts.org.

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