

2026

STEP IT UP ERIE COUNTY

FITNESS

CHALLENGE

PARTICIPANT HANDBOOK

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Questions? Email getmoving@stepituperiecounty.org

What is Step It Up Erie County?

[Step It Up Erie County](#) is an annual county-wide fitness challenge designed to promote physical, mental, and emotional well-being through daily movement and community building. Erie County businesses, organizations, and individuals are invited to create teams and compete to have the most physical activity tracked over the duration of the challenge. **Participation is free and includes access to community events, grand prizes, and a chance to claim a Step It Up Erie County traveling trophy!**

2026 Timeline & Schedule of Events

Challenge duration: September 16th – October 27th, 2026

- **September 15th – Registration closes at 4pm**
- **September 16th – Challenge begins! Kick-off event!**
 - Join us to kick off this year's challenge, noon-1pm at Gannon's Zurn Science Center Room 104
- **October 27th – Challenge concludes!**
- **October 28th – Last chance to report steps; report by 4pm**
- **October 30th – Award ceremony!**
 - Join us to celebrate and recognize winners, noon-1pm in the Yehl Ballroom at Gannon's Waldron Campus Center
 - Halloween themed – Wear your costume (family-friendly please)!

Check the website at <https://stepituperiecounty.org/step-it-up-event-calendar/> for public walking groups, themed walking days, and community events!

Rules

- Free and open to all Erie County residents.
- Participants must be 18+ years of age to register and compete in this challenge
 - However, families are still highly encouraged to include children in physical activities and community events!
- You can participate as an individual and as part of a team. Though encouraged, it is not required that you participate on a team.
- Each business/organization is permitted to have multiple teams, but **each participant is only permitted to be on a single team.**
- Each team must have a team captain.
- Team captains must email getmoving@stepituperiecounty.org to get on the team captain list.
- Points are counted only for intentional exercise completed for this challenge.

Prizes

- Top steppers from each experience category will win a \$50 gift card to [Monacella Massage & Kinesiology!](#)
- Top small, medium, and large teams will claim a Step It Up Erie County Champion Trophy (this will look great displayed in your office)!

Points

Points are recorded as steps or step equivalents (see the Physical Activity Conversion Chart on pg.15) **tracked only for intentional exercise.**

1 step or step equivalent = 1 point

Intentional exercise for this challenge includes **any physical activity completed intentionally for the Step It Up challenge.** Some examples of **intentional exercise** include:

- Biking or walking to work instead of driving
- Doing fitness bingo with your family (see templates on pg. 13!)
- Taking the stairs when you normally take the elevator

You'll track steps on the Step It Up website where many resources are available, including suggestions for public exercise spaces, walking group details, and event announcements.

Many free public fitness activities will be offered to help bump up your score!

What does not count towards points?

We are not counting total daily steps. We recognize that some occupations require more physical activity than others (e.g., construction worker, fitness instructor, mail carrier, etc.). This is a wonderful thing! However, participants in such occupations might be at an unfair advantage for contest prizes if we were to track total daily steps.

We want to be inclusive and fair as possible. **Therefore, the goal of this challenge is to increase your daily movement, stepping it up beyond what is considered your norm.** If physical activity is normally part of your job, that is great, but we challenge you to get points by doing a separate activity!

As an exception, if you normally walk or bike to work or other destinations, these activities count towards points. Everyone is encouraged to walk or bike in place of driving whenever possible!

Use your best judgment and trust in your neighbors to be honest about the steps they report. If you have questions about what counts, email getmoving@stepituperiecounty.org.

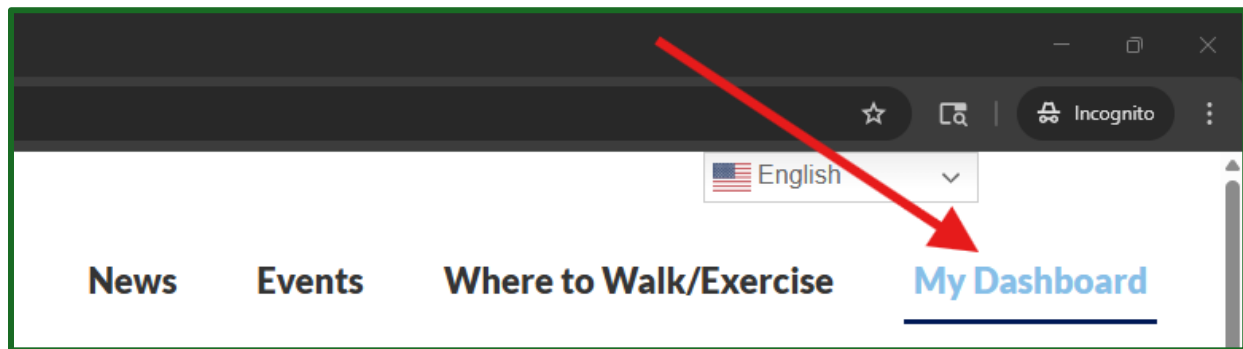
Scoring

Your steps contribute to your individual score and your team's score. Team scores are calculated as a **team average** (*total team steps divided by total team members*). Each participant must enter their steps on the Step It Up website.

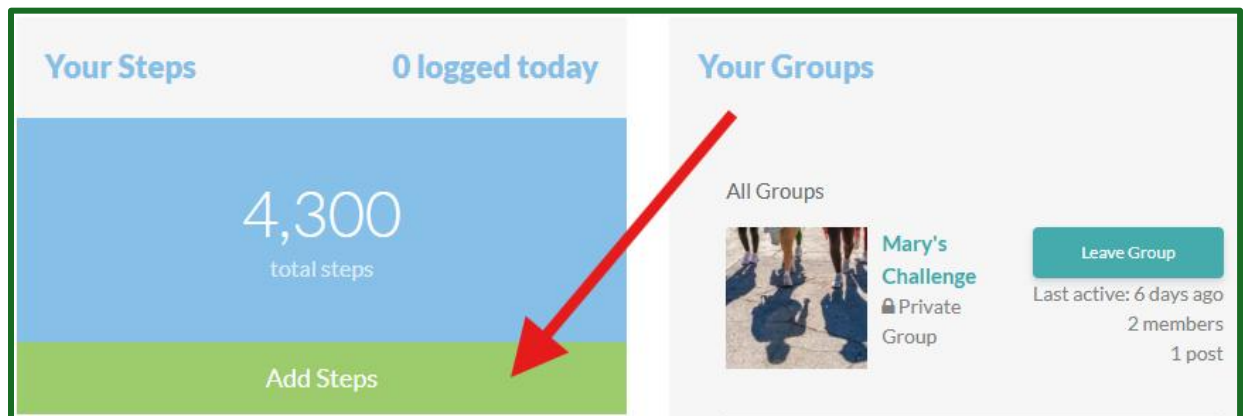
Winning teams and top steppers are announced at the award ceremony, so mark your calendar!

Reporting Your Steps

1. Sign in to your Step It Up account at <https://stepituperiecounty.org/>.
2. Click "My Dashboard" in the top right corner of your screen.



3. Under "Your Steps", click "Add Steps".



4. Enter any unreported steps (adjusting the date if necessary) and click “Add My Steps”!

The screenshot shows a web form titled "Add Steps" with a close button (X) in the top right corner. The form has a teal background. At the top, it says "Mary, you've logged 4,300 total steps". Below this are four input fields: "Steps or Miles" (a dropdown menu set to "Steps"), "Log Date" (a text box containing "2026-02-26"), "Type" (a dropdown menu set to "Adult Steps"), and "Steps / Distance - per Walker" (a text box with the placeholder "Enter Steps / Distance"). Below these fields is a section titled "Recent Activity" which shows a single entry: "You added 4,300" on "Feb 26, 2026" with a trash icon to its right. At the bottom of the form are two buttons: "Add My Steps" (a green button) and "Close" (a grey button). Four red arrows point to the "Log Date", "Type", "Steps / Distance", and "Add My Steps" fields/buttons.

2026 Reporting Schedule

Reporting deadlines help Step It Up coordinators generate weekly leaderboards. Though recommended, it is not a requirement that you report weekly. **If you miss a weekly reporting deadline, your steps may not appear in leaderboards for that week but the will be added to your total score as soon as you log them on the website.**

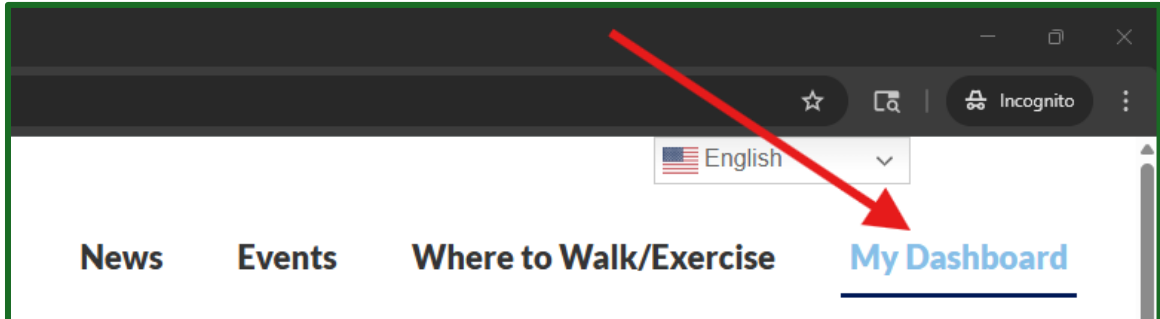
So, don't fret if you miss a weekly reporting deadline. Just log your steps on the website as soon as you can! If you log your steps on the website by 4pm on Wednesday, Oct 28, your steps count towards your final score.

- Week 1 – September 16-22 (report by Wednesday, Sept 23)
- Week 2 – September 23-29 (report by Wednesday, Sept 30)
- Week 3 – September 30-October 6 (report by Wednesday, Oct 7)
- Week 4 – October 7-13 (report by Wednesday, Oct 14)
- Week 5 – October 14-20 (report by Wednesday, Oct 21)
- Week 6 – October 21-27 (**report by 4pm on Wednesday, Oct 28**)

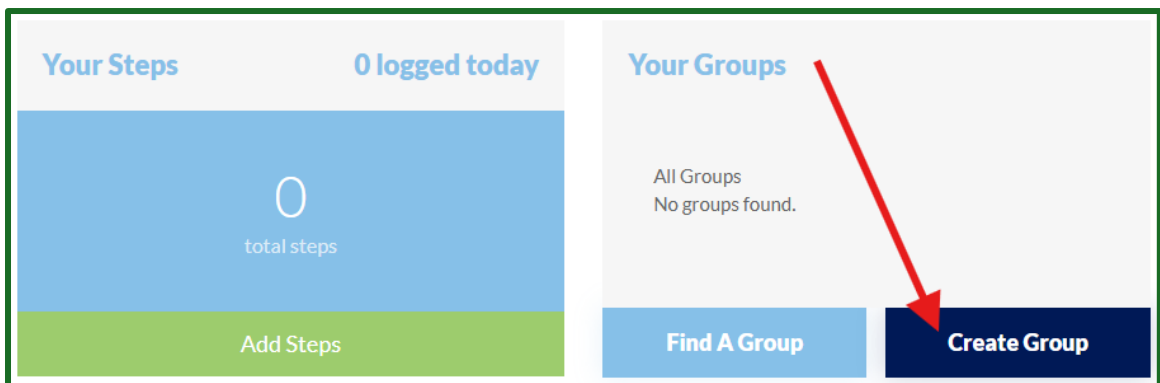
Team Captain Guidance

Creating your Team's Online Group

1. After registering, click “My Dashboard” in the top right corner of your screen.



2. In your user dashboard, click “Create Group”.

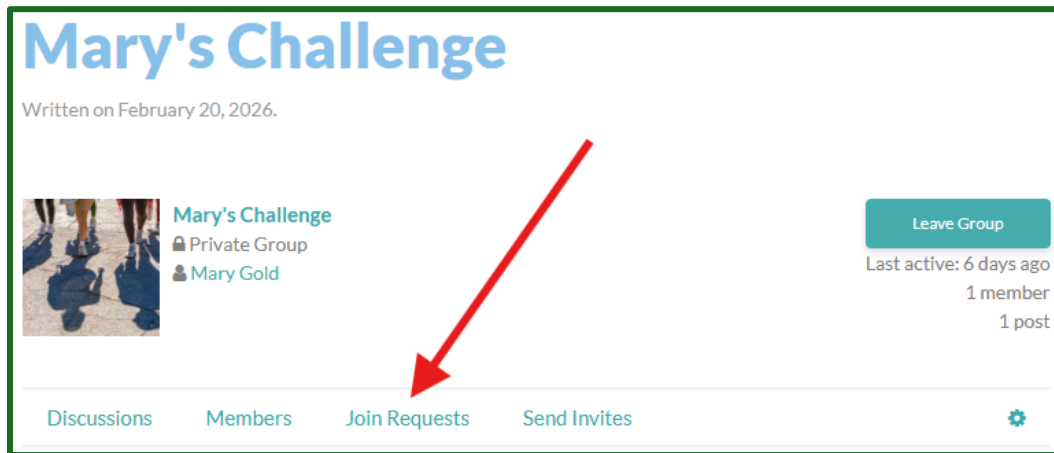
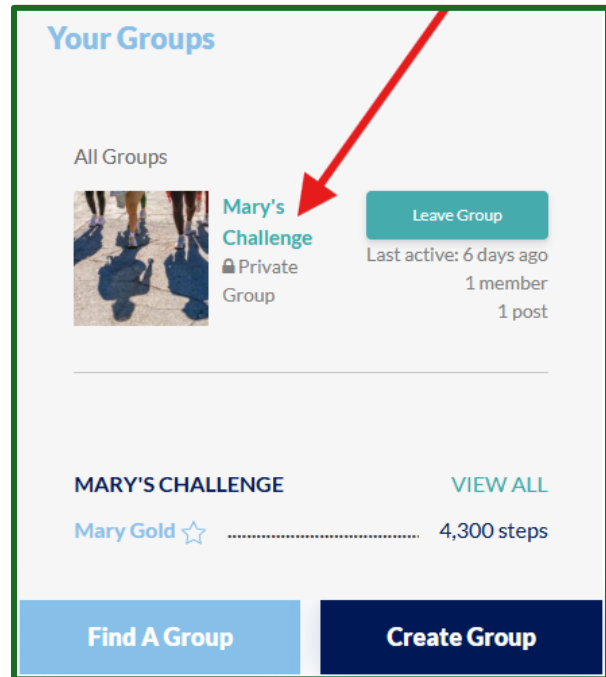


3. Enter your challenge name and description. Feel free to be creative but keep it family-friendly please!
4. The next four fields are already filled for you; keep as is.
5. For “Category”, select your team size. This can be adjusted later if needed!
6. For “Tag”, select “Step It Up Erie County”.
7. Click “Submit”. Your teammates can now join your group by going to stepituperiecounty.org/groups or clicking “Find A Group” on their user dashboard!

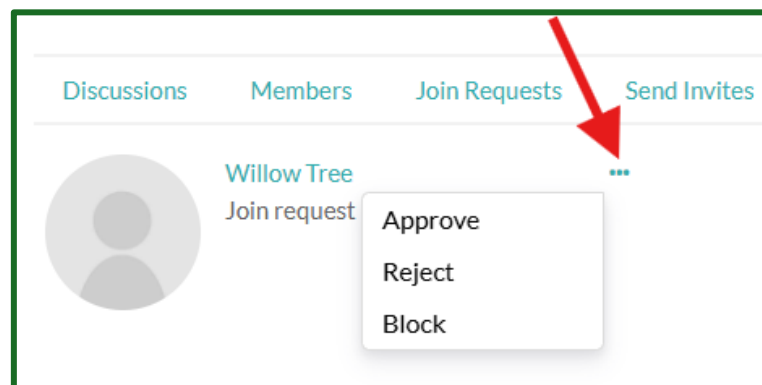
Approving Group Join Requests

When a member requests to join your online group, whoever created the group (i.e., the team captain) will receive an email to approve that member's request. Simply follow the steps in that email or approve members manually following these steps:

1. Sign in at stepituperiecounty.org.
2. Click "My Dashboard" in the top right corner of your screen.
3. Under "Your Groups", click on your team name. *(see the screenshot to the right)*
4. Click "Join Requests".



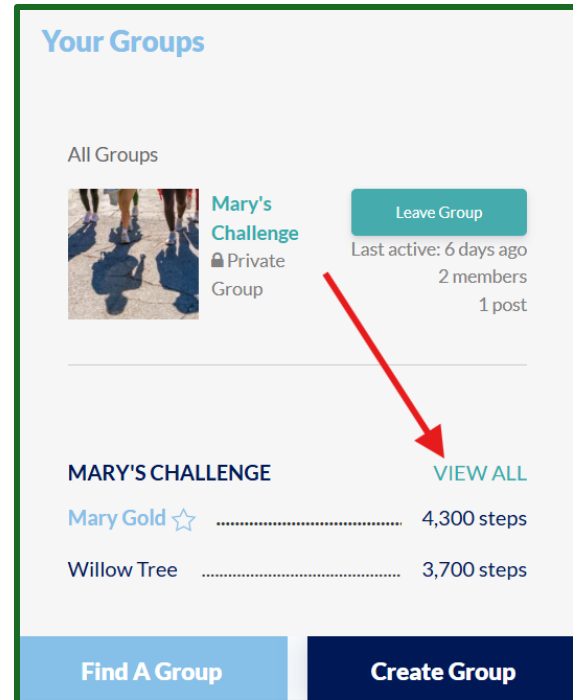
5. Click the "..." next to the prospective challenger's name then click "Approve".



Viewing Your Group Leaderboard

Once your teammates begin logging steps online, a leaderboard for your group will appear on your user dashboard. The default leaderboard shows total scores for the entire duration of the challenge, but you can filter to determine top steppers for a given week:

1. Sign in at stepituperiecounty.org.
2. Click “My Dashboard” in the top right corner of your screen.
3. Under “Your Groups”, click “VIEW ALL” and your group leaderboard appears! (see the screenshot to the right)



4. To filter for a specific week, click “Date Start” then select the start date and end date on the calendar popup.



5. Click “Apply Date Range” and your group leaderboard will adjust to the given date range!

Ways to Keep Your Teammates Engaged

It's great to consider ways to keep your teammates engaged and motivated throughout the challenge. **Here are some suggestions:**

- **Participate in group events!**
 - Carpool to any of the events on the '[Events](#)' page on the website
 - Go on group walks or nature hikes
 - Follow a free fitness video together
 - Here are some [5-minute guided movement breaks by Orangetheory Fitness](#)
- **Host bonus challenges**
 - Fitness Bingo! Feel free to use our [Fall 2026 Bingo Card](#), this [editable template](#), or this [blank card](#).
 - Set weekly goals (e.g., complete 150 minutes of intentional physical activity each week or 30 minutes a day for 5 days a week)
 - Recognize weekly top steppers!
- **Prize incentives for bonus challenges**
 - For businesses: Talk with your company's leadership about sponsoring small prizes (e.g., PTO or gift cards).
 - For all: You could host a small fundraiser or donation drive to collect prize incentives for your teammates!
- **Photos**
 - Post photos on social media and use Step It Up hashtags! #StepItUpErieCounty #PublicHealth #EriePA
 - Send challenge photos to getmoving@stepituperiecounty.org to be featured on the website or in challenge updates!
- **Celebrate national observations, like:**
 - National Cleanup Day (September 19)
 - National Family Health and Fitness Day USA (September 26)
 - World Heart Day (September 29)
 - National Women's Health and Fitness Day (September 30)
 - National Yoga Awareness Month (September)
 - National Play Outside Day (October 3)
 - Child Health Day (October 5)
 - World Mental Health Day (October 10)
 - National Walk to a Park Day (October 10)
 - National Sports Day (October 16)

Reference Documents

Step It Up Waiver

For reference only. All participants signed this waiver in the online registration process. No further action is needed.

“I am participating in the County of Erie Employee Wellness Program ‘*Step It Up Erie County*’, which is a physical activity/walking program. I have had the opportunity to review the program and ask questions about it, and understand that participation is entirely voluntary. I understand that although participating in the program may have a positive effect on my health and well-being; it may also aggravate or adversely affect any medical condition I may have or cause another medical condition(s) to occur. **I have confirmed with my physician that it is appropriate for me to participate in a physical exercise program of this type.** I understand that I am responsible for monitoring my condition and should exercise at a level that is comfortable to me. I agree to stop exercising if I feel tired or breathless, or experience any type of pain, discomfort or symptom, such as dizziness, chest discomfort, or heart irregularities. **I agree to follow all program guidelines and policies.** I understand that the program reserves the right to require any participant to withdraw for reasons of health or safety. By signing below, I hereby waive and release, on behalf of myself and my heirs, executors, and administrators and assigns, my health plan, County of Erie, my employer and its subsidiaries and affiliates, and any other organization participating or involved in providing or promoting the program or any component thereof, including, without limitation, the owners, directors, officers, employees and representatives thereof, with respect to any and all claims, suits, losses, damages, liabilities, judgments, amounts paid in settlement, costs or expenses (including, without limitation, attorneys’ fees and disbursements), and any amounts paid in connection therewith, arising in any manner from my participation in the program, or any resulting illness, injury or condition; and I agree to indemnify, defend and hold harmless any of the foregoing from and against any and all such claims. This waiver shall survive forever. **BY SIGNING BELOW, I HEREBY AFFIRM THAT I WISH TO PARTICIPATE IN THE COUNTY OF ERIE EMPLOYEE WELLNESS PROGRAM ‘*Step It Up Erie County*’.**

Step It Up Photo Release

For reference only. All participants signed this release in the online registration process. No further action is needed.

“TO WHOM IT MAY CONCERN: I hereby grant full permission to the CDC, PADOH, Step It Up Erie County and my participating organization, to use, reproduce, publish, distribute,

and exhibit my name, picture, portrait, likeness or voice or any or all of them in or in connection with the production of a television tape or film recording, filmstrip, still photograph, or intranet/extranet posting, in any manner for training and other purposes. I understand that if used, portrait shots and other pictures of me will initially be posted on the Step It Up Erie County website and that those pictures may be used by my participating organization as well as at the Erie County Department of Health, Pennsylvania Department of Health, and in CDC's internal and external written materials, including ultimately on CDC's Internet site. Without limitation as to time, I hereby waive all rights for compensation in connection with the use of my name, picture, portrait, likeness or voice, or any or all of them, or in connection with said television tape or film recording, filmstrip, still photograph, CDC internal and/or external written materials, or intranet/extranet/internet posting, in whole or in edited form and any use to which the same or any material therein may be put, applied or adapted by the United States Government and others in the health field."

Template Weekly Log

This template is designed to help you keep track of steps before reporting through your user dashboard at <https://stepituperiecounty.org/dashboard/>. All participants must report steps on the website to be counted towards their individual and team scores.

Day	Week 1 Steps 9/16-22	Week 2 Steps 9/23-29	Week 3 Steps 9/30-10/6	Week 4 Steps 10/7-13	Week 5 Steps 10/14-20	Week 6 Steps 10/21-27
Wed						
Thu						
Fri						
Sat						
Sun						
Mon						
Tue						
Weekly Totals						

Grand total: _____

FITNESS 2026

BINGO!

STEP IT UP
ERIE COUNTY

FARMERS MARKET WALK N' TOUR Join at least one of the scheduled walks	STACK HABITS Pair movement with something you do already	NOTICE THE BENEFITS After moving, notice one way your body or mood feels different	BIRD WALKS AT FRONTEIR PARK Join at least one of the scheduled walks	LUNCH WALK Use at least 15 minutes of your lunch break to walk alone or with friends
DANCE Dance to your favorite song	MULTITASK March in place, do some heel raises or stretch while completing chores	MINDFUL WALK Walk without distractions for at least 10 minutes	TREAT YOURSELF Make a list of healthy treats to have on hand	ACTIVE VIEWING March in place, pace the room, do squats while watching tv
STRETCH Stretch your major muscle groups for at least 10 minutes	TAKE A NEW ROUTE Walk or jog a route you've never taken before	FREE SPACE	WALK & TALK Phone a friend, listen to a podcast, take a meeting, etc. while walking	PLAY A GAME Play a physically active game for 26 minutes
CHAIR YOGA Do a full-body stretching routine while seated	TAKE THE STAIRS Use only the stairs for one whole week	BIKE RIDE Ride your bike around town & take notice of the trees you pass	PARK FARTHER Park farther away & walk extra during errands	NATURE WALK Invite a friend to check out a new walking or hiking trail
BOOKENDS Do 15 minutes of gentle movement first thing in the morning & last thing at night	GET ORGANIZED Spend 26 minutes actively clearing out & organizing a shelf, drawer, or closet	PHOTOGRAPHY WALK Walk & snap some shots of flowers or other interesting things	TRY A NEW SPORT Try a new form of movement (pickleball, frisbee, etc.)	BREATHE & MOVE Combine slow movement with deep breathing for at least 10 minutes

FITNESS ***BINGO!***

ACTIVITIES TO STEPS CONVERSION CHART

Walking is a wonderful way to stay active, but you can also score points through other physical activities! Easily convert activities into steps (aka points) using the chart below.* **Multiply the number of minutes you were active by the equivalent steps per minute for that activity.** For example, 30 minutes of jogging equals 5,400 steps (30 minutes x 180 steps/minute). Activities not listed below still count! Use your best judgement to convert steps based on comparable activities listed in the chart. You can also estimate steps based on the general assumption that one mile equals 2,000 steps. **Don't forget to submit your steps at [Stepituperiecounty.org](https://www.stepituperiecounty.org)!**

ACTIVITY	STEPS PER MINUTE	ACTIVITY	STEPS PER MINUTE
Aerobic dancing class	127	Fencing	170
Aerobic fitness class	181	Football	170
Aerobics, low impact	125	Frisbee	100
Aerobics, step	153	Gardening	60
Badminton, casual	131	Golf, carrying clubs	110
Badminton, competitive	160	Golf, powered cart	40
Ballet dancing	120	Gymnastics	130
Baseball	130	Handball	180
Basketball, game	130	Hiking	170
Basketball, recreational	100	Hockey, field and ice	200
Boxing, competitive	180	Horse Riding	137
Boxing, non-competitive	110	Housework, light	72
Canoeing	91	Ice skating, general	84
Cheerleading	100	Ice skating, moderate	122
Circuit training	180	In-line skating	190
Cricket	80	Jogging	180
Cycling, easy pace	130	Judo & Karate	190
Cycling, moderate pace	170	Jumping rope, fast	210
Cycling, vigorous pace	200	Jumping rope, moderate	160
Dancing	109	Kayaking	152
Elliptical trainer	170	Kickball	200

ACTIVITIES TO STEPS CONVERSION CHART

ACTIVITY	STEPS PER MINUTE	ACTIVITY	STEPS PER MINUTE
Kickboxing	210	Spinning	200
Lacrosse	190	Squash	190
Netball	170	Stair climbing, machine	180
Pilates	91	Surfing	130
Punching bag	180	Swimming, freestyle	180
Racquetball, casual	130	Table tennis	120
Racquetball, competitive	180	Tae Bo	190
Rock climbing	200	Tae Kwon Do	190
Rollerblading	156	Tai Chi	40
Rowing	210	Tennis	170
Rugby	190	Trampoline	90
Sailing, boat and board	91	Volleyball	130
Skateboarding	102	Walking	90
Skee-ball	52	Water aerobics	120
Skiing, cross-country	114	Water polo	200
Skiing, light/moderate	109	Water skiing	145
Sledding	120	Weight lifting	100
Snowboarding	182	Wheeling, fast (wheelchair)	137
Snowshoeing	181	Wheeling, leisurely (wheelchair)	70
Soccer, competitive	181	Wrestling	170
Soccer, recreational	145	Yard work	89
Softball	152	Yoga	45

Aiming to crush the challenge? Maximize your points by completing activities with high steps per minute values! Always remember to listen to your body, stretch before and after exercise, drink plenty of water, and take breaks as you need them. Try something new, have fun, and keep stepping towards physical, mental, and emotional well-being!