

**PRIZES!
FREE EVENTS!**

STEP IT UP ERIE COUNTY
FITNESS
CHALLENGE

Sept 16 – Oct 27, 2026

**REGISTER BY
SEPT 15, 4PM**

**FREE & OPEN
TO ALL ERIE
COUNTY
RESIDENTS**

**MUST BE 18+
TO REGISTER**



***A perfect way to boost your mood, move
your body, and connect with your community!***

***We challenge you to 6 weeks of daily movement
for a chance to win prizes and participate in free,
low-intensity fitness events!***

**QUESTIONS? EMAIL US!
GETMOVING@STEPITUPERIECOUNTY.ORG**



**Learn More
& Register
For Free
Here**



**Erie County
Department
of Health**



STEPITUPERIECOUNTY.ORG