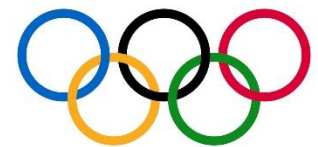




Olympic Step Challenge



Xavier

What is the Olympic Step Challenge?

Start or join a team and get moving this season by participating in the Olympic Step Challenge. The goal of this challenge is to try and cover the total number of steps taken by all the athletes competing in the Athletics portion of the Summer Olympics. The events like Sprints, Hurdles, and Long Distance total approximately **360,000 steps**. So each participant's goal is to see how close you can come to winning the Gold Medal!

When is the Olympic Step Challenge?

Monday, July 22nd – Sunday, August 18th

Submit completed packets by Friday, August 23rd

How do I participate in the Challenge?

Submit your team packet to your Wellness Coordinator on, or before 7/26/24.

- Complete the tracking log throughout the challenge and send completed to chris_buzzelli@trihealth.com by *Friday, August 23rd*.
- NOTE: If you do not have, or are unable to join, a team YOU CAN STILL PARTICIPATE! Please submit a packet as an individual and we will assign you to a team, or create one for you.

Questions? Contact your TriHealth Wellness Coordinator:

Chris Buzzelli

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