Step It Up MUSC!

Introducing an initiative designed to promote a physically active workplace and culture of wellness. Start where you are – all fitness levels welcome.

Begins June 1st

- Faculty, staff and students are invited to form teams of 6-12 members, designate a captain to register the team beginning May 27th at musc.challengerunner.com, and send invites to teammates to compete for the highest number of steps walked or run, each month. There will be three rounds of three months each, culminating in a March Madness finale.

- Individuals will enter their steps via electronic, text, or manual methods into a software program called challengerunner.com. (Tracking devices are recommended but not required to participate.)

The winning team each month will get custody of a rotating award, and recognition through multiple communication channels. Prizes will be awarded for monthly and round winners.

Visit www.musc.edu/ohp/step-it-up

The program averages the total steps per month for the entire team (walked/run) divided by the number of teammates, to help make the teams more equitable. Daily goal: 10,000 steps with a limit of 20,000 per day. Teams do not have to exercise together but it’s encouraged. Participants should submit steps the day they are completed and no more than seven days afterward. MUSC will not be providing devices or pedometers for this program but will provide recommendations and group discounts as identified. See website for more information.