

Dear VCS Team,

We are thrilled to announce the **VCS Spring STEPUP Challenge** hosted on the StepUp app!

It's a fun step challenge designed to inspire us all to be more active this Spring - whether you're a seasoned runner or a casual stroller!

How to join:

1. Download the StepUp app **before March 11**: <https://join.thestepupapp.com/>

2. Tap the link again to join the VCS Spring STEPUP Challenge on StepUp:

<https://join.thestepupapp.com/TsOQ55>. You can also copy & paste the invite link to join: Tap "+" on top right > Paste invite link.

3. Start stepping up!

The challenge will run from **March 11 – April 8 (4 weeks)**. Every step you take counts, and we will announce **winners on April 10th!**

Stay healthy: Walking can improve heart health, burn fat, reduce stress, and boost creativity.

Friendly competition: Motivate each other to be more active. Who will win our monthly prizes?

About StepUp:

StepUp is a free step challenge app for iPhone & Android, and syncs with most wearables.

If you have any questions or need assistance, check StepUp FAQs or reach out to **Melissa Stilwell, Wellness Specialist @Stilwell, Melissa** or Ext 20302