

# Step It Up Edson

Dear Employee Wellness Coordinator,

The Town of Edson is once again challenging Edson and the surrounding community to *Step It Up* and become more physically active. The 10<sup>th</sup> Annual **Step It Up Edson** will begin Monday, May 8<sup>th</sup> and run until Monday, June 5<sup>th</sup>. This four week challenge will have groups and businesses in Edson competing against each other for the highest # of steps. The overall goal of this challenge is to increase the physical health and wellness of those competing.

Each group or business will be required to nominate a team captain. The team captain will be responsible for collecting individual step counts at the end of each week and submitting them by Tuesday at noon via email to [krystas@edson.ca](mailto:krystas@edson.ca). Employees will use pedometers to monitor steps taken each day. Everyone will need to provide their own pedometers (available at Canadian Tire, Shoppers, and Walmart). Registration will be \$5.00 per person and the money must be submitted with registration.

You must register at Repsol Place by April 28th at 4:00pm. For more information about the challenge, and registration contact Krysta Hawboldt, Recreation & Culture Coordinator at 780-723-4403.

Mail: Town of Edson  
Community Services  
Box 6300  
Edson, AB T7E 1T7  
Attn. Krysta Hawboldt  
Fax: 780-723-7250  
Email: [krystas@edson.ca](mailto:krystas@edson.ca)



## ***Are you Up to the Challenge?***

We look forward to your participation.

Krysta Hawboldt  
Recreation and Culture Coordinator  
Town of Edson