



## THE BICENTENNIAL STEPS CHALLENGE

START DATE:  
APRIL 2, 2018

END DATE:  
APRIL 29, 2018

OUR GOAL:  
WALK A COMBINED  
TOTAL OF 50  
MILLION STEPS BY  
APRIL 29, 2018

DOWNLOAD THE  
CARROT APP TO  
TRACK YOUR STEPS  
AND EARN PRIZES

# 200 YEARS, 200 MILLION STEPS

In celebration of Macomb County's Bicentennial, and in partnership with National Public Health Week, we are kicking off **The Bicentennial Steps Challenge!** We are challenging Macomb County employees to **walk a combined total of 50 million steps from April 2 - 29, 2018.** We'll keep a running total of steps in CARROT until we reach 200 million. Employees who participate will be eligible for raffle prizes.

Already use the CARROT app? You are already enrolled! If you don't have the CARROT app yet, simply download it now and sign up with your work email address.

Visit <https://carrotwellness.com/participant/>



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[www.macomb200.com](http://www.macomb200.com)