



JEFFERSON COUNTY PUBLIC HEALTH SERVICE

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Join the 2023 APHA Winter Keep It Moving Challenge with Jefferson County

Watertown, NY~ Jefferson County Public Health Service invites all county residents to participate in the American Public Health Association's (APHA) 2023 Winter Keep It Moving Challenge. The Challenge kicks off on Sunday, January 1st and ends on Sunday, April 9th as health departments across the United States celebrate the start of National Public Health Week.

We know consistent physical activity, like walking, helps prevent chronic disease, enhances mood, and improves quality of life. APHA's Keep It Moving Challenge is an easy and fun to promote healthy behaviors and physical activity. The last year Jefferson County participated in the Challenge was 2020, then called the Billion Steps Challenge, and *Jefferson County Wellness Warriors* logged 21,132,851 steps, ranking 8th out of all teams nationally.

Our goal for the 2023 Winter Challenge is to reach 31,500,000 steps as a team.

You can join Jefferson County's team by downloading the APHA Move app on your smartphone. The APHA Move app is free and even pairs to a wearable fitness device. So, register today, and let's get moving! Once you download the APHA Move app, complete the in-app registration process and join our team: *Jefferson County Wellness Warriors*.

It's always more fun to exercise with others – the more people who join, the quicker we'll reach our step goal. Plus, we'll be encouraging healthy habits among our family, friends, and co-workers!

To learn more how physical activity can improve your health, follow us on our social media on [Facebook](#), [Twitter](#), and [Instagram](#). You can also go to www.jcphs.org for information on how you can improve your health and the health of the community.

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