

The graphic features a bright orange background with silhouettes of a woman and a man running. Scattered throughout are small icons of a globe with a grid pattern. The text 'fit for life' is written in a large, white, lowercase sans-serif font, with 'BILLION STEPS CHALLENGE' in a smaller, white, uppercase sans-serif font below it.

# fit for life

## BILLION STEPS CHALLENGE

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# Billion Steps Challenge, make your steps count. Help us reach 1 billion steps.

Join the worldwide transplant community in this global challenge to walk a Billion Steps!

Whether you are a transplant recipient, living donor, transplant health professional, family member or supporter, we all know the importance of regular exercise.

Our Billion Step Challenge is designed to bring the worldwide transplant community together in unison to do something for themselves – to improve their

health and fitness and making healthy living their new 'normal'.

We want to show the world that those living with a transplant are serious about their health and the precious gift they have been given. What better way than to walk a collective billion steps!

Together we can walk a billion steps. Together we can be Fit for Life!

### The Challenge:

- A 90-day challenge
- Start date : 18 September 2017
- Ends: 17 December 2017
- Open to everyone in our transplant community
- Partnering with Stridekick

### How?

- Sign up via the dedicated website: [www.stridekick.com/wtgf](http://www.stridekick.com/wtgf)
- Download the Stridekick app onto your smartphone

- Create or join a team (min 3 / max 10 people per team)
- Sync your existing fitness device or upload your steps manually
- Follow your progress, watch the teams competing, be part of the fun



Fit for Life! and the Billion Steps Challenge are just one of the many programs presented by the World Transplant Games Federation to help get 'more transplant recipients, more active, more often'. You can find out more about the WTGF by visiting [wtgf.org](http://wtgf.org).

Detailed information on the challenge, how to sign up, create your teams and sync your devices can be found at the WTGF website, [www.wtgf.org/billion-steps-challenge](http://www.wtgf.org/billion-steps-challenge)