Welcome to the Regional Rumble step challenge and thanks for participating! More than 8,100 Kentucky Employees' Health Plan (KEHP) members jumped in the ring for this match-up! Who's got what it takes to go the distance? We'll soon find out!

**Reminders**

- Your pedometer or fitness device must be synced with Go365. If your device doesn't automatically upload your steps, be sure to upload them periodically throughout the challenge. (Note: steps can take 24-48 hours to sync from your device platform to Go365.)

- Follow the play-by-play on the challenge "leaderboard" at Go365.com or on the Go365 mobile app.

- Be sure to do a final upload of your steps by October 2.

- Tell us how the step challenges encourage you to be healthier. Submit your story by Sept. 22 for a shot at an additional 1,000 Points.

**Tips**

You can get more steps than you think just by changing up your routine.

- Park further from the door, and take the stairs instead of the elevator.

- Walk to someone's office instead of emailing or calling.
- Utilize breaks and walk with a co-worker. Walk to lunch.
- Enjoy the fall weather by taking the kids to the park or a fall festival.

You could be a contender for more than 7,000 Go365 Bucks!

Visit LivingWell.ky.gov to find a detailed map, see a chart of the prizes available, and more.

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**Rumble Regions:**

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Questions? Call Go365 at 855.478.1623