



A virtual walk around Rhode Island to encourage healthy living

Welcome to the **Steppin' Out: Virtual Fitness Challenge** from Blue Cross & Blue Shield of Rhode Island, a fun opportunity to connect with each other and walk toward better health. The goal of this challenge is simple: let's keep connected, let's get outside, if possible; explore our neighborhoods, communities and state; and most importantly – let's walk!

We encourage everyone to share pictures, short videos, and/or stories about your favorite places to walk in our Facebook Group. The Challenge will run from **September 1 – September 30.**

Here's How It Works:

- ✓ Join our **Steppin' Out** Facebook Group [Facebook.com/groups/BCBSRIstepchallenge](https://www.facebook.com/groups/BCBSRIstepchallenge)
- ✓ Starting September 1st, begin walking and post pictures, short videos, and/or stories about your journeys. Whether it's in your neighborhood, by the beach, or anyplace you like, post about your walk. The idea is to keep moving and connected.

Some Added Incentive to Keep You Moving and Connected:

- Each week there will be a raffle for anyone who posted on the Facebook Group that week. All you have to do to enter is create a post about your walk, journey, and activity. Winning names will be selected at random from posts for that week and will be announced weekly. Please see official raffle rules at [bcbsri.com/raffle](https://www.bcbsri.com/raffle)
- Weekly raffles prizes consist of five-\$25 gift cards to any of the following grocery stores: Aldi, Brigido's, Dave's Market, and McQuade's Marketplace. (Winners may choose from whichever of these stores is most convenient to them). BCBSRI staff will send a Facebook Message to winners to gather their mailing address and preferred store. Gift cards will be mailed to each winner.
- On September 30, a Grand Prize raffle will be held. Anyone who posted at least once in each week of the challenge will be entered in the raffle. The Grand Prize raffle will consist of five-\$100 gift cards to any of the listed grocery stores. Same process as weekly raffles will apply.

It's that easy...so get walking and keep connected!!!