

Are there prizes?

Yes! In fact, even for just submitting your weekly step totals you can earn a prize!

How can I win prizes?

1. Report your steps by the submission dates to automatically win a small prize each week. Weekly prizes are only for participants who submit data on time. Any late submissions will still be calculated into the total steps.
2. Each weekly step submission enters your name into a grand prize drawing.
3. Each week you reach your goal, you will earn an additional entry to the grand prize drawing.
4. The grand prize will be drawn after completion of the challenge. The winner will be notified by Friday, August 2.
5. There will also be one final Summer Activity Challenge champion for the highest number of total steps over the eight weeks. This individual will also win a separate prize.

Your CF Care Team is here to help you reach your physical activity goals! Good luck!



**OSF HealthCare Children's Hospital of Illinois
Cystic Fibrosis Center**

530 NE Glen Oak Ave., Peoria, IL 61637
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Summer Activity Challenge

OSF Children's Hospital of
Illinois Cystic Fibrosis Center





Are you up for the CHALLENGE?

The Cystic Fibrosis Center at OSF HealthCare Children's Hospital of Illinois invites you to a fun Summer Activity Challenge!

Fitness Matters!

The American Academy of Pediatrics recommends children engage in 60 minutes of moderate to vigorous physical activity every day. The Cystic Fibrosis Foundation states fitness is important for better overall health, more energy, better lung function and more time with others.

How do I participate?

It's very easy to participate! The challenge lasts eight weeks. It starts Monday, June 3 and runs through Sunday, July 28.

To participate, you need a device to track your steps. You can use your current devices, such as a smartwatch, smartphone, or pedometer. If you do not have a device, you will be provided a free pedometer to track your steps. You need to wear the pedometer as often as possible to track daily steps to compile a weekly total.

How do I record my weekly steps?

There may be activities when you either are

unable to wear a pedometer (swimming or sport does not allow) or a pedometer may not track steps accurately (bicycling or rowing). For your convenience, attached is a list of activities converted to the equivalent steps per minute. These steps can be added to the other steps the pedometer records for that day.

How do I sign up?

The deadline to sign up for the Summer Activity Challenge is Monday, May 20. If you are interested in participating, please call (309) 624-9634 or email activitychallenge@osfhealthcare.org.

What information is needed to sign up?

Please provide your name, preferred contact information (email address or phone number), mailing address, and whether you need a wearable pedometer.

How do I report my step totals?

You are responsible for submitting total weekly steps to activitychallenge@osfhealthcare.org by the Monday of the following week. The step submission dates are: June 10, June 17, June 24, July 1, July 8, July 15, July 22 and July 29.

What are my goals?

After your first week of steps are submitted, we will have your baseline steps per week. Our ultimate goal is to increase physical activity by 1,500 steps every week. After you report your week one totals, a CF team member will notify you of the weekly step goal for weeks 2-8 of the Summer Activity Challenge.