



Summer Steps

HAVE FUN. BE ACTIVE. GET TOGETHER.

All West Virginians are invited to participate in the annual Summer Steps walking program June 1 - August 31.

Summer Steps encourages West Virginians to be more active in the communities where they work, live, and play.

YOU decide how active you want to be and track daily steps on an online tracker at www.fh.ext.wvu.edu/summer-steps.

YOU can walk by yourself or ask others to join, too.

Summer Steps is as easy as 1-2-3.

1. Register for your free account.
2. Select the county for which you want your steps to count toward.
3. Track your mileage between June 1 and August 31.

Be active in your own way. Count every 20 minutes of physical activity as one “mile”. All activity counts – biking, swimming, playing soccer, working out, and of course, walking.



Help your county be a winner. The county with the most “mileage” will receive a community sign and designation as a “Live Well West Virginia Community”. Also, a free walkability study will be conducted by the WVU Extension Service.