

Campus Recreation

invites you to join the

Marauders Step Up Challenge

Sign up anytime before the challenge ends!

Starts: April 20th, 2020

Ends: May 30th 2020

Hey Marauders...we've seen many of you step up to the challenge of this difficult time right now...how about joining the Campus Recreation Department's Marauders Step Up Challenge?

In an effort to encourage the Millersville University community to stay engaged while maintaining physical distancing and overall wellbeing, we have created this fun step challenge! You game?

Don't worry, it's 100% virtual but the steps are real and there will be plenty of checkpoints/milestones along the way to help you track your progress.

Open to all current MU Students, Faculty, Staff, and Spouses!



We will be using MyFitnessPal, along with other sites throughout the challenge. [Find out how to sign up by clicking here.](#)



Start walking and track your steps each day!
*Able to sync with Fitbit, Apple Health and Garmin. Or you can track steps any way possible.



After tracking your step count, the participant will report their steps on a weekly basis.



The individual that obtains the most steps will win the challenge. The winning individual will have bragging rights.

