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FOR IMMEDIATE RELEASE

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GO GURNEE Invites You to Step It Up

(Gurnee, IL) Monday, October 10, 2016 – From October 13-26, 2016, **GO GURNEE** will be joining the U.S. Surgeon General, Dr. Vivek Murthy's, nationwide challenge.

According to Fitbit, "Over the last year, the Surgeon General has been challenging communities across the country to get up and get moving. Today, we're taking that challenge to the next level by asking everyone to Step It Up and take as many steps as possible from October 13-26." The group is free and open to any Fitbit user.

"Our goal with participating in this challenge is to encourage the entire Gurnee community to walk as many steps as possible. If you are a Fitbit user, all you have to do is sign up and start walking," explained Jennifer Gilbert, Gurnee Park District's Marketing and Communications Director. "It's as easy as that."

"Walking has major benefits for your health, and as a District, we want to be the forerunners in promoting this accessible, affordable and fun exercise," added Gilbert.

To sign up to become a part of **GO GURNEE's** Step It Up Challenge team, visit <https://goo.gl/fd6XHi>. "While you are there, don't forget to join **GO GURNEE** on Fitbit through <https://www.fitbit.com/group/22ZT6J>. We want to connect with as many people in Gurnee as possible, and this challenge is the perfect way to do so," Gilbert stated.

GO GURNEE, along with its supporters, promotes walking toward better health for Gurnee residents. Visit [Facebook.com/GOGURNEE](https://www.facebook.com/GOGURNEE) for more details and walking tips. Use **#GOGURNEE** to be a part of the conversation and movement.

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