

FACEBOOK & INSTAGRAM

Wake up & Step Up!

TAKE THIS CHALLENGE!

It's easy:

- **Schedule a time in the morning and contact your best friends to walk, together, in the house, backyard, or open spaces, safely! (*Not a morning person? Evening or afternoons work too.*)**
- **Use the Step Up! app you can download at Marchforbabies.org when you sign in and turn it on while you walk.**
- **It converts your steps to donations that you set, so you can help moms and babies while being active every day.**
- **Document your walks with pictures every day and use the hashtags below, every time you post!**



MARCH **STEP**
FOR **BABIES**

#MarchForBabies

#MFBStepUp