

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](http://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 UP!**  
FOR BABIES

#MarchForBabies

#MFBStepUp