commit to be fit

Step on Hunger

5.6 Million Steps Challenge

Each time we reach a new state, C2BF will make a food donation to the Rappahannock Food Pantry!

WHO? EVERYBODY in the Rapp community!... residents, employees, families, anyone who is a Rapp community member at heart

WHAT? As a community, let's see if we can walk (virtually) from Rappahannock County to San Franscisco, California

WHEN? The challenge kicks off on April 1st and runs until we hit our goal. Let's see how quickly we can do it!

WHY? In the midst of social distancing, let's work together as a community to achieve this wellness goal. **Plus, for each state reached, C2BF will make a food donation to the Rappahannock Food Pantry.**

HOW? Visit www.rappc2bf.com/step for more details and to log weekly steps.

Let's step it up, Rapp!!! Every Step counts!

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Commit to Be Fit is challenging everyone in the Rapp community to participate.

How It Works:

Step 1: Determine if you are going to participate solo or on a team.

If you opt to be on a team (such as a family or co-workers), select a team captain who will report the group steps or distance weekly.
*You do not have to walk together. The benefit of the team is the increase support you will receive from teammates. Plus, teaming up with someone that does not have internet, will allow them to be able to still participate.

Step 2: Keep track of how much you walk or run each day. This can be tracked in steps (on pedometer or tracker) OR distance (ex. 1/2 mile).

Step 3: Each Sunday, visit www.rappc2bf.com/steps to log your total steps or distance for the week. If you are on a team, only one person has to log the group's TOTAL steps and/or distance.

For every state we reach, C2BF will make a food donation to the Rappahannock Food Pantry.

*items may vary

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