

**PLEASE TRANSLATE INTO YOUR LANGUAGE AND SEND BACK TO [fitforlife@wtgf.org](mailto:fitforlife@wtgf.org)**

## **Welcome to our Billion Steps Challenge for 2020**

**All great expeditions start with a single step...can we do One Billion?**

The World Transplant Games Federation is committed to promoting sports and physical activity within the Transplant Community.

We invite you to join our ambitious goal to collectively walk to the Moon and back and create awareness for organ donation and transplantation...10 weeks - One Billion Steps!!!

Regular exercise not only benefits physical health but also boosts mental well-being. Let's all encourage the worldwide transplant community to live full and active lives and celebrate what can be achieved with the ultimate gift... the gift of life.

The Billion Steps Challenge is open to anyone - transplant recipients, living donors, donor families, health professionals, friends, families and supporters.

### **The Challenge:**

10 week challenge – 1 Billion Steps

5th October – 13th December 2020

Create teams: min 2 / max 5 people

All activities count - convert exercise to steps

Entry is free and everyone is welcome to join, no experience needed

WTGF branded hoodies up for grabs throughout the challenge

Partnering with MoveSpring

### **How to Enter:**

Click the challenge link below

Sign up as a new user with org code: WTGF20

Follow the steps to create your MoveSpring account and connect a device or add manual entry

You'll automatically be added to the challenge

Create or join your team!

Let's get active, let's get moving, all while promoting organ donation and transplantation.

Together we can be Fit for Life!

Detailed information on the challenge, how to sign up, sync your devices, and create your teams can be found at the World Transplant Games Federation website

[www.wtgf.org/billion-steps-challenge](http://www.wtgf.org/billion-steps-challenge)