



# 10,000 STEPS A DAY IN MAY CHALLENGE



The National Osteoporosis Foundation (NOF), the leading health organization dedicated to the prevention of osteoporosis and broken bones, invites everyone to join the 10,000 Steps a Day in May Challenge, beginning May 1st, to commemorate National Osteoporosis Month.

Commit to taking 10,000 steps each day in May. Why 10k steps a day? It adds up to about five miles each day for most people, which includes about 30 minutes of daily exercise – satisfying the CDC’s recommendation of at least 150 minutes of moderate exercise per week.

Each day, post a photo or screen shot of your “step counter” showing that you completed 10,000 steps for the day to your social media platform of choice “tagging” NOF’s social media:



@nationalosteoporosisfoundation



@OsteoporosisNOF



#nationalosteoporosisfoundation

Every day in May, NOF will randomly choose one of the photos posted/tagged and that person will win a small prize. And, there’s a chance to win a \$500 gift card!

LEARN MORE AND JOIN US! VISIT:  
[www.nof.org/national-osteoporosis-month-may-2020/](http://www.nof.org/national-osteoporosis-month-may-2020/)

**NOF WANTS ALL AMERICANS TO BE BONE STRONG!**