

Irish Life **MyLife**

GAA Healthy Clubs

EVERY STEP COUNTS Challenge 2023

It's back!

Join with your Clubmates over 5 weeks to walk the combined equivalent of a 4,000km trip around Ireland

WIN €2,500 | €1,500 | €1,000 O'Neill's Vouchers per province

Hit the 4,000km target and your club will be entered into our prize draw.

Just 3 steps to get the community involved:

- 1** Download the MyLife app
- 2** Register
- 3** Select Challenges under Social tab to join your club and your province

Starts Jan 11th - Ends Feb 15th
Participants must be 18 years or over

Available on the **App Store** and **Google Play**

Download MyLife

Provided by Irish Life Financial Services



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Are you a regular walker?

You may be interested in joining our "Every Step Counts Challenge!!

The CHALLENGE **from Wednesday 11th January to Wednesday 15th Feb 2023** is for our GAA club community to collectively walk virtually around the coast of Ireland. (4,000km).

STEP 1: DOWNLOAD for free the "MYLIFE" APP from either the App store or Google Play Store.

App Store - <http://bit.ly/2WFclgS>

Google Play Store - <http://bit.ly/38xQ2zh>

STEP 2: JOIN THE CHALLENGE Once you've downloaded the App to your phone, go to the tab of the app and select the following:

Social Challenges > Pending > Select "Leinster" > then select "Moynalvey Gfc"

Just register your steps/distance each time you have completed your walk.

Top Tips:

- Make sure your fitness/smart watch is connected to the app to count all your steps.
- Anyone who does not have a fitness/smart watch can use the tracker feature within the app. This will count your steps/km's as you walk/run. There is also an additional feature to allow you to add your steps/km's manually, if needed.
- You can walk your steps anywhere, the pitch walking track, the road, even if it is just around the house, it all counts!

The more people (over age 18) who take part the greater the amount of KM's we can clock up!!

Looking forward to clocking up those 4,000km collectively as a Club during the 5 weeks between January 19th and February 23rd!.

There is no minimum / maximum number of participants per club, so get stepping and logging from Wednesday 11th January!!

REMEMBER, EVERY STEP COUNTS!

[#TogetherEveryoneAchievesMore](#)

[#gaahealthyclub](#)

[#healthyclub](#)

[#healthybodyhealthymindhealthycommunity](#)