

WELCOME TO THE TEAM

ONE
MILLION
STEP
CHALLENGE

Supported by  fitbit

You've taken the first step towards a healthier you.

Congratulations on joining thousands of others for this year's One Million Step Challenge. Whether you're aiming to get fit, lose weight or feel stronger, your journey starts here.

In the resources section of the website is a handy [step by step guide](#) to help you make the most of your summer of stepping, from getting your profile page ready for action, to the step-tacular rewards you'll receive along the way, like the Million Steps shoelace charm.

So, what are you waiting for? Check out our handy tick list below and prepare to take steps for your body and steps for everybody living with diabetes.

Happy stepping!

Stef, Lucy and Gabby
One Million Step Challenge Team

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.



Sign up. Congratulations, first box ticked! You are now officially part of a nationwide team, stepping towards a healthier future.



Claim your Fitbit discount. Our event partner Fitbit are offering an exclusive discount of up to **25% off two Fitbit devices**. Find your unique discount code near the top of your Million Steps profile page.



Get your profile ready for action. Apply the finishing touches to your profile page by uploading a photo and adding your story. You're inspirational and soon your page will be too.



Get your fundraising off to a flyer. Now your profile is ready it's time to share your page and get your first donations. And as a reward for your first donation we'll send you a **shoelace charm**.

