Summer Step Olympics
Xavier University

What is the Summer Step Olympics?
Join Xavier Wellbeing and get moving this season by participating in the Summer Step Olympics. The goal of the Summer Step Olympics is to average 10,000 or more steps a day to win the Gold Medal.

When is the Summer Step Olympics?
Sunday, July 4, through Saturday, July 31

Why should I participate in the Summer Step Olympics?
- Gold medal recipients are entered into a drawing to win one of the following prizes:
  - set of adjustable dumbbells
  - one of four sets of resistance bands
  - one of four yoga mats.

How do I register for the Summer Step Olympics?
- Simply join the “challenge” on the Portal and track your steps!

Questions? Contact your Xavier Wellbeing Team:
Brad Clark
xavierwellbeing@trihealth.com | 513-977-0054