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Welcome to the **Billion Steps Challenge for 2021** This year we are stepping things up as we aim to collectively walk **2 billion steps!**

The **World Transplant Games Federation** is committed to promoting movement, physical activity, and mental wellbeing within the Transplant Community.

We invite you to join us and **STEP your way 2 better health**, while we create awareness for organ donation and transplantation, and celebrate the gift of life
10 weeks – Two Billion Steps!!!

We will be going on a journey, unlocking milestones and exciting prizes along the way while learning about the benefits of walking for physical, mental and emotional health.

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 – 2 Billion Steps
20th September – 28th November 2021
Create teams: min 2 / max 6 people per team
Challenge other teams
All activities count - convert exercise to steps
Entry is free and everyone is welcome to join

How to Enter:

Click the challenge link **HERE** to sign up on MoveSpring
Sign up as a new user with org code: **wtgf21**
Follow the steps to create your MoveSpring account
Connect a device or manually add your steps
Create or join a team

What to Expect:

Make new friends around the world
Share in the Challenge Chat
Weekly competitions with prizes
Unlock Challenge Milestones and reveal lucky draw prizes
Increase your daily step count
Stand a chance to unlock a TX Teddy Bear



Let's **STEP UP** to the Challenge, let's **STEP IN** to greater wellbeing, let's **STEP OUT** and get moving!
Let's get **Fit for Life!**

