

Hey Carson Tahoe

Want to join the Step Up Challenge, sponsored by Cardiology?

See the steps below on how to download the app and how to join the **Carson Tahoe Step Challenge Group**.

You have from **February 1-29** to get as many steps in as you can! Compete against all of your CTH co-workers!

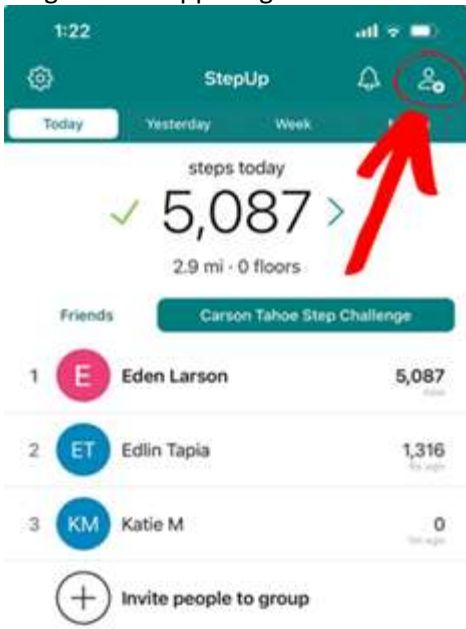
The app is **FREE!**

1. Download [The Step Up Challenge](#) app in the app store.

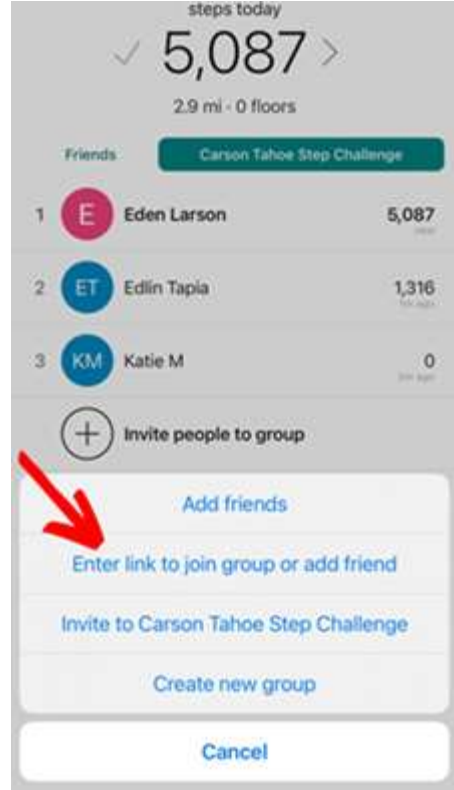


2. If you do not have an account, create a new account with your own login information.

3. Once you've created an account, click the man with a + sign on the upper right corner of the screen

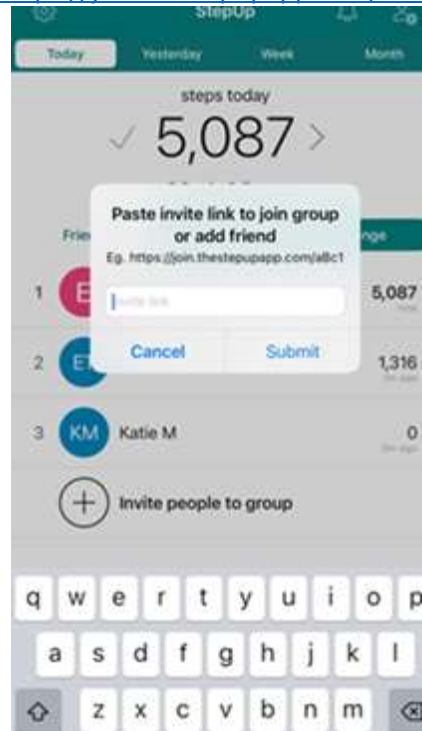


4. Tap the option Enter link to join group or add friend.



5. Paste the invite link and tap submit.

<https://join.thestepupapp.com/rdnM>



6. You have now been added to the Carson Tahoe Step Challenge group and can start seeing where you rank with other steppers!

Good Luck!