



**Take the first step to move more with the  
10K-A-Day Challenge.**

**Start your fitness journey**

**Register today at [sfhss.10kaday.com](https://sfhss.10kaday.com)**

 **Challenge Details:**

- August 3–30, 2026
- Track your activities, earn points, and explore famous cities
- Join a team and spark friendly competition
- Stay active for chances to win prizes
- Mobile app available



**SAN FRANCISCO  
HEALTH SERVICE SYSTEM**

Better Every Day.

[sfhss.org/well-being](https://sfhss.org/well-being)