



MGM INSTITUTE OF HEALTH SCIENCES
(Deemed to be University u/s 3 of UGC Act, 1956)
Grade 'A' Accredited by NAAC
MGM SCHOOL OF PHYSIOTHERAPY
Sector-1, Kamothe, Navi Mumbai – 410209

On the occasion of

World Health Day 2022



MGM School of Physiotherapy, Navi Mumbai
presents

10000 Steps Challenge

'MGM Healthy Institute of Health Sciences'
Initiative of Fit India Campaign



Lets Take a Pledge Today

FOR HEALTHIER TOMMORROW

Enhance Physical Activity



How to enroll for the Challenge

- Download Google Fit app on your mobile phone from Play Store
- Complete 10,000 steps from 6th April 2022 10 am – 10 am 7th April 2022
- Report to the World Health Day 2022 desk at MGM School of Physiotherapy, Navi Mumbai on 7th April 2022 from 10.00 am -12 noon
- Receive the **Step Champion Award** on completion of the challenge

Interesting Facts about Your Daily Steps



Steps/day	Activity Level
Under 5000	Sedentary
5000-7499	Low Active
7500-9999	Somewhat
10000	Active
12500 or more	Highly Active

Tudor-Locke C et.al 2004