You’ve been waiting all summer...

Well, the time has finally arrived! Step Up UCI will begin Monday, October 2, and your steps will start counting toward the NEW & EXCITING 2006-2007 Step Up UCI prizes!

Check out www.campusrec.uci.edu/stepup for details about incentives, new program features, and to register or update your profile (registration starts September 1).
**Important Step Up UCI Dates:**

- **September 1:** Online registration begins!
- **September 12, 11:30am-1pm:** Staff Picnic in Aldrich Park - Pre-registered steppers can pick up their pedometers!
- **September 20, 11am-2pm:** Step Up UCI @ UCIMC Wellness Fair
- **October 1:** Update 05-06 profile by today!
- **October 2:** Official Step Up start date!
- **Info Sessions @ the ARC, 12:15-12:45pm:** September 19, September 27, October 4
- **Info Sessions @ UCIMC Building 53, 12:15-12:45pm:** September 18, September 25, September 26

**New This Year:** Teams based on different objectives: Comraderie, Competition, or Cardiovascular Health. Visit the Web site to find out how to become a Team Captain and get your team organized. We also have themed walks hosted by departments, and great new incentives!

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Visit the Campus Recreation booth at the Staff Picnic in Aldrich Park for more details!

**Coming Soon:**

- **Pump Up UCI,** a strength training, toning and injury prevention program for all fitness levels
- **Lighten Up UCI,** a healthy weight management program based on nutrition and exercise

Stay tuned for details...