



SOPHE2025 Strava Walking Challenge

Join the SOPHE Team as we take on the walking challenge at the 2025 Annual Conference!

For beginners:

The Beginner Challenge encourages participants to complete 5,000 steps a day. Are you up for the challenge?

Join the club and log your steps [here!](#)

For intermediate:

The Intermediate Challenge encourages participants to complete 8,000 steps a day. Are you up for the challenge? Join the club and log your steps [here!](#)

For advanced:

The Advanced Challenge encourages participants to complete 10,000 steps a day. Are you up for the challenge? Log your steps [here!](#)

STRAVA

You will need to download the Strava app from the Apple or Android stores