



Step right up! What better way to embrace a healthy spring than with a challenge and a chance to help your local GAA club.

MyLife, the personalised health and wellbeing app from Irish Life have teamed up with GAA Heathy Clubs to bring you the **GAA Healthy Club Step Challenge** and best of all, anyone\* in the community can get involved!

We are giving away 4 x €2,500 O'Neill's Vouchers, one per province to the club with the highest total of average steps. Winning clubs must have a minimum of 15 walkers joining the challenge. Challenge participants must be aged 18 and over.

Challenge starts on March 16th and ends on 12th April 2020.

### **What do I need to do to take part?**

Register your clubs participation below by the **13th March** on the following link:

<https://mylife.irishlife.ie/Gaa-Healthy-Clubs-2020>

### **How do club members join the challenge\*?**

**The challenge will be available on MyLife app from the 17th February**

1. Download the MyLife app from the App store or Google Play store
  - Apple App Store - <https://apps.apple.com/ie/app/mylife-by-irish-life/id1459620652>
  - Google Playstore - <https://play.google.com/store/apps/details?id=com.irishlife.mylife>
2. Tap on the social tab on the MyLife app
3. Select challenges
4. Select the challenge for your province
5. Tap on join & select your club

## **What is MyLife?**

More information can be found here:

<https://mylife.irishlife.ie/about>

Information on supported devices and app's can be found here:

<https://mylife.irishlife.ie/supported-devices-and-apps>

For Mylife support and help:

Email [support@mylife.irishlife.ie](mailto:support@mylife.irishlife.ie) or call 01 704 1943

Best of Luck

