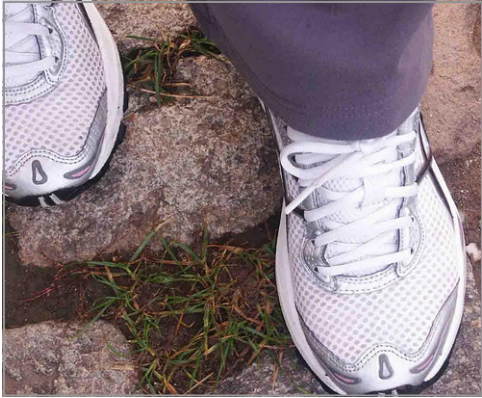


10,000 Steps

Challenge Information



What is the 10,000 Steps Challenge?

Starting **Tuesday, December 5** and going until **Tuesday, December 12** employees will be challenged to wear pedometers and track the number of steps they take each day. The Challenge is a team effort, and each person will be assigned a team with whom to participate. Individuals and teams are encouraged to use both the indoor and outdoor walking loops. Visit the different departments on the indoor loop and receive stamps. Both the team and the individuals with the highest number of steps will receive prizes.

Why take 10,000 steps?

Taking 10,000 steps equals about 5 miles and is pretty much the same as getting 30 minutes of activity most days of the week. By challenging yourself to increase your steps to 10,000 a day, you will get the same benefits that you get from regular exercise. You will reduce your risk for disease and improve your health. It is a great way to add activity to your day.

But in addition to the great health benefits of taking more steps, you and your team could win great prizes for your effort. Challenge yourself to walk more each day and **you could win [insert prizes] and your team could win a celebration luncheon!**

How do I participate?

Step 1. Find out how many steps you take in a normal day. Wear your pedometer for a day and go about your normal activities. At the end of the day, record the number of steps you took. This is your starting point.

Step 2. Find out which team you are on. As a team, figure out ways you can increase your number of steps. Maybe you could park a little further from the entrance to work, walk over to talk to someone rather than emailing or calling them, or take the stairs instead of the elevator. Try motivating each other to walk more.

Step 3. Start stepping. Wear your pedometer and challenge yourself and your teammates to increase the number of steps you take each day. Record your steps and be on your way to a healthier lifestyle.

Step 4. Turn your sheet in to [enter location] to be eligible to win prizes and for your steps to be counted toward your team total.

