



Pedometers are a reliable way to increase your activity. Even walking one mile a day can have health effects. Most people walk 3000 steps a day. Setting a goal of 10,000 steps a day is a challenge worth taking by most participants. Say yes to health. Form your team today. Increase your daily activity one step at a time.

## How are teams made up?

Team members are usually chosen from people at work. Each team should have between 4-10 participants.

Each team is led by a Team Captain who is responsible for the weekly reporting. Each team member is responsible for counting their daily steps and reporting them to the team captain.

## Reasons to join ...

- Affordable \$10 per person.
- Team prizes awarded.
- Each team selects a unique name.
- Online registration and support.
- Each participant receives a pedometer.

## Who can participate?

Anyone who would like to participate, either as a team captain or as a team member!

For more information, call **440-354-8057** or email: [hsense@en.com](mailto:hsense@en.com)

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## Objectives ...

- Promote safe and gradual increased exercise.
- Encourage the development of peer support through team competition.
- Increase the awareness of daily exercise and its health consequences.
- Provide an activity that is healthy, educational and fun!

## How does it work?

The contest requirements to be fulfilled are:

- Count daily steps using a pedometer and report them weekly
- Convert other activity into steps using the conversion table on the contest website.
- Each team can chart their progress on the contest map.
- All teams that walk an average of 10,000 steps a day or above are eligible for a prize drawing.
- The top 10% of teams based on steps logged are eligible for an additional prize drawing.

## When does the program start?

This *10 week program* begins

**May 4, 2010**

*So hurry and get your team together.*

### Team Registration Form

Email \_\_\_\_\_

Captain's name (print) \_\_\_\_\_ Phone# \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Number of team members \_\_\_\_\_ (including captain)

Make checks payable and mail to:  
**Wellness Council of Northeast Ohio**  
433 South State Street  
Painesville, Ohio 44077  
440.354.8057; [hsense@en.com](mailto:hsense@en.com)



*Fee: \$10 per team member*

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