



Daily logging of your activity is a reliable way to increase your health. Even walking 20 minutes a day can have health effects. Most people walk 3000 steps a day. Setting a goal of 10,000 steps or an hour of activity 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 logging their daily activity and reporting them to the team captain.

Reasons to join ...

- Affordable \$5 per person.
- Team prizes awarded.
- Each team selects a unique name. •Online registration and support.

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:

- Convert activity into steps using the conversion table on the contest website.
- Count daily steps using a pedometer
- 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.

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

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When does the program start?

This 10 week program begins

June 5, 2018

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; smusgrave@healthyohio.org



Fee: \$ 5 per team member

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