



2018 edition



10 DAYS, 100,000 STEPS



WHAT IS THIS 'STEP CHALLENGE' ALL ABOUT?

It's no secret, being active is good for your health. When you move more, you stay energized, maintain strength, reduce the risk of heart disease and relieve stress. Being active doesn't have to mean going to the gym every day. In fact, research finds that walking 10,000 steps a day meets the recommended goal for daily activity.

Engage others within your FP&M unit, be a team captain OR convince a colleague to be a team captain*, track your steps individually on the 'Personal Step Log', motivate each other to get your steps, and add them together for a team GRAND TOTAL. Bragging rights within FP&M are on the line.

Team member should to be within your unit. Final totals will be given for:
1. Most steps taken by a team. 2. Highest average steps taken by a team.

Use your phone, pedometer, fitbit wearable device, or just ball park it (15 minute walk = 1,000 steps...1 mile = 2,000 steps). This isn't rocket science!

**captain: only responsibility is to ensure numbers are entered on google doc form.*

HOW TO PARTICIPATE

1. Commit to tracking your steps for 10 days. (most difficult step)
2. Organize a team (volunteer yourself or guilt your co-worker)
3. Sign-up on this 'Google Form' (or scan the QR code) →
4. Print out the attached 'Personal Step Log'
5. Track your steps beginning Monday, Sept. 17
6. Submit total Week 1 steps and Grand Total steps to Captain by Oct. 1
7. Pat yourself on the back, add it to your resume, and brag it up!



10 (WORKING) DAYS - SEPTEMBER 17-21 & SEPTEMBER 24-28



Organized by the FP&M 30 N. Mills Wellness Committee
Supporting the overall well-being of FP&M employees