

TEAM LIFE

Presents

STEPPIN' OUT



FOR HEALTH



What: TEAM LIFE's "Steppin' Out for Health" challenge focuses on increasing the amount of daily movement of each of our employees. You will be challenging yourself to take as many steps as you can each day, trying to reach your goal of 10,000 steps a day (roughly 5 miles). You will be placed on a team with a team leader. You will report your daily steps to your team leader. We will have a biweekly report from each team that will consist of the total number of steps as well as the average number for the group.

What you need: All you need is a pedometer (counts your steps) and the motivation to GET MOVIN!!!! Every step counts!

When: The challenge will start September 16th. There will be four biweekly reports on September 30th, October 14th, October 28th and the final report will be on November 11th. On November 18th there will be a final group walk, luncheon, and recap with awards to the team with the highest overall steps and the highest overall average.

Cost: The cost is \$15 per person and includes a TEAM LIFE t-shirt.

****The first 20 participants to sign up will receive a free pedometer!**

Where: To help encourage and motivate us all to get out and move we will be promoting clock tower walks daily at 7:30am, noon, and 5pm. We hope that we can start a campus-wide routine that gets our Faculty and Staff walking together.