



STEP IT UP!

Content Areas: Health Care, Physical Activity

Duration: Eight Weeks

Description: Are you ready to step it up? Choose between tracking your walking one of two ways: time in minutes or distance in miles. This activity is perfect for those looking to recommit to health and fitness goals as a part of a program that provides structure, support, accountability and recognition awards! This is an individual challenge. You'll be asked to provide progress updates every week so that the Wellness Specialist can share the total amount of cumulative walking. You may choose to participate anonymously. Each week you'll receive educational information specifically written to help you achieve results.

Overview:

- Week 1 – Walk for the Health of It: The Big Benefits of Walking
- Week 2 – Training & Tracking: Sample Workouts and Tracking Your Progress
- Week 3 – Walk Off the Weight: Walking for Weight Loss
- Week 4 – Power Walking: Walking for Fitness
- Week 5 – Staying Motivated: Local Walking Groups, Accountability & Boredom Prevention
- Week 6 – Eating for Energy: How to Fuel Your Efforts
- Week 7 – In the Home Stretch: Stretching Benefits & Injury Prevention
- Week 8 – After the Challenge: Walking for Life

Key Components:

- Reporting – Aggregate participation reporting and mid-challenge standings report
- Resources – Weekly, themed encouragement email with electronic curriculum/handouts; participant tracking tool
- Rewards – Victory prizes for the top three participants in each walking category (based on metrics provided)
- Support – Unlimited access to Wellness Specialist; weekly onsite group walk (optional)

Investment: Starting from \$2,600