

# 10,000 STEPS TOWARD WELLNESS

September 26<sup>th</sup> – November 20<sup>th</sup>

## Program instructions:

**Early bird incentive** – those completing and sending in their registration by September 16<sup>th</sup> will be entered into a random drawing for a pedometer. 50 pedometers awarded.

**Step 1** – By September 22<sup>nd</sup>, complete and return “Registration and Disclaimer Form” to Employee Wellness, Pulaski 219. You are not registered to participate in the program until this form is completed, signed and returned.

**Step 2** – By September 25<sup>th</sup>, purchase and set-up a pedometer.

**Step 3** – The first week of program, September 26<sup>th</sup> – October 2<sup>nd</sup>, use your pedometer daily to get your baseline steps.

### Your Baseline Steps

Your baseline steps are the number of steps that you are currently taking before you begin your program. You can use your baseline steps to set goals as you aim to build more activity into your daily life and strive to reach the goal of 10,000 steps a day.

Get started using your pedometer with the following easy steps:

- Put your pedometer on first thing in the morning.
- Clip it to your belt/pants just above the hip (in line with your knee).
- Take it off last thing at night, just before you go to bed (remember pedometers are not water proof).
- Record your steps and reset the pedometer back to zero.
- Repeat this for seven days. Total the 7 days worth of steps and divide by 7 to get your average.

**Step 4** – Record steps daily on your “Log Sheet.”

**Step 5** – Begin to increase the number of steps you take each day until you reach 10,000 steps a day.

\*\* For those participants who currently are sedentary or have health concerns, please see the attached resource, “The 20% Boost Program,” for information on how to safely increase toward the 10,000 steps a day.\*\*

(Participants who consistently increase steps but do not reach the 10,000 steps by the end of the program, are still eligible for prizes.)

**Step 6** – Return completed “Log Sheet” to Employee Wellness by Wednesday, November 23<sup>rd</sup>. Due to the holiday break, they must be mailed by the 23<sup>rd</sup> no exceptions.

## Incentive information:

**Early bird incentive** – those completing and sending in their registration by September 16<sup>th</sup> will be entered into a random drawing for a pedometer. 50 pedometers awarded.

While several prizes will be awarded, please remember that with any health benefit program, your improved health is your lifetime reward.

50 mid-program prizes will be awarded. These prizes will be randomly drawn from all completed “Registration and Disclaimer” forms.

15 end of program prizes will be awarded. These prizes will be randomly drawn from all completed “Log Sheets” that were returned by November 23<sup>rd</sup> and showed success.

Success is determined as meeting the 10,000 a day step goal, most days of the week, or showing adequate progress toward that goal. Adequate progress is approximately a 20% increase each week.