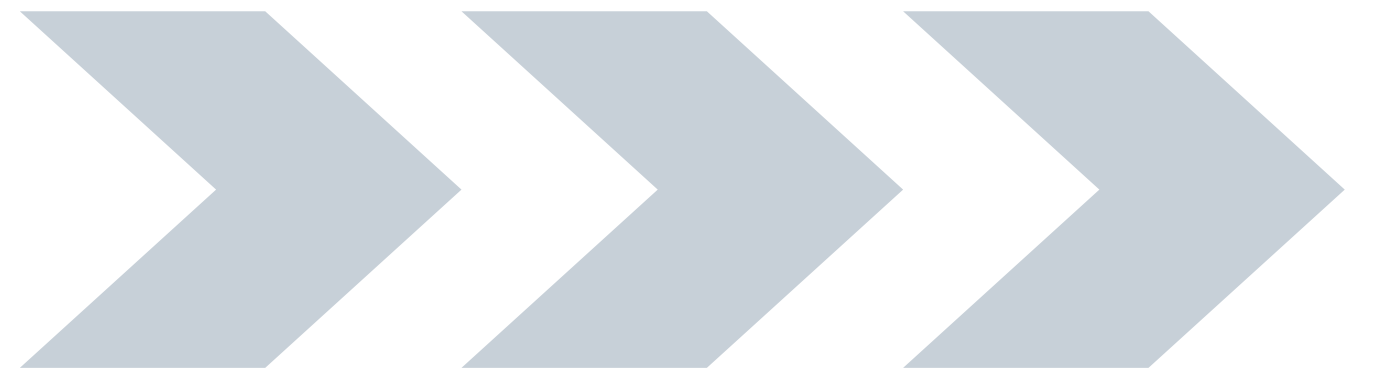


WITT: STEP UP TO THE CHALLENGE!

Human Resources is conducting a Step Challenge for all employees. Employees are challenged to count daily steps and log them each day during the month of May.

START DATE: MAY 1
END DATE: MAY 31



How do I count my steps?

- Fitbit/Smart Watch
- Pedometer
- Estimate based on distance
- Phone Apps: [Map My Walk](#), [Pacer](#)
- [What Are the Average Steps Per Minute for Different Exercises?](#) ([verywellfit.com](#))

Health benefits of walking:

- increased cardiovascular and pulmonary (heart and lung) fitness
- reduced risk of heart disease and stroke
- improved management of conditions such as hypertension (high blood pressure), high cholesterol, joint and muscular pain or stiffness, and diabetes
- stronger bones and improved balance
- increased muscle strength and endurance
- reduced body fat
- [Click here for more information on health benefits](#) ([betterhealth.vic.gov.au](#))

CHALLENGE RULES:

- Log your daily step/movement count in the excel sheet attached. Be sure to turn it in at the end of the month!
- You must get a total of 310,000 steps/movements (10,000 steps per day) or more to be entered in the prize drawing for the Peloton Bike & Mirror by Lululemon Studio.
- **Everyone who turns in a step log with any number of steps each day will be entered for the remainder of the prizes.**
- Please complete your step log with integrity and honesty.

***PRIZE INCENTIVES:**

Peloton Bike
Mirror by Lululemon
Studio
+ more!

*PRIZES OVER \$20 ARE TAXABLE



If you have any questions regarding this wellness challenge, please contact Rebecka Schlake (x7518 or schlaker@wittenberg.edu).