

It's time again for the

10,000 Steps Walking Challenge!

The FHDA Wellness Committee is hosting its 3rd Walking Challenge.

The purpose of the challenge is to promote wellness and activity for its employees, build networking and comraderie amongst participants and to create incentives for long-lasting, healthy lifestyle changes.

How it works:

- All full- and reduced-contracted employees are encouraged to participate in the challenge
- Participants keep track of their daily steps (at work, during their lunch break, at home, running errands, or on the weekends), and must average 10,000 steps daily, or 50,000 steps in a one-week period
- Participants will track their progress online or on manual (hand-written) trackers
- Trackers are due at the end of the program (Tuesday, **March 22** @ 5:00pm)
- Participants who meet the 10,000 steps daily (or 50,000 steps weekly) goal will be eligible to receive a

\$25 online gift card incentive!



How to sign-up and participate:

1) Visit the American Heart Association's healthy tracker website and create an account:

<http://startwalkingnow.org/registration.jsp> (Company name is Foothill-De Anza Community College District; you may use any email address.) Instructions can be found at the FHDA wellness portal: <http://hr.fhda.edu/benefits/10000steps>

- Get your own personalized tracker
- Develop your own custom walking routine
- Map your neighborhood walking routes
- Watch videos for stationary walking routines to do at your desk
- Get information for healthy eating, motivational tools, and more

OR Download an Excel spreadsheet (electronic) tracker or print a paper (manual) tracker at the FHDA wellness portal.

2) Use a pedometer to count your steps and complete the tracker for 4 weeks:

Participants must average 50,000 steps or more per week (over a 7-day period; two extra days are included to accommodate employees' work and leisure schedules, and varying lifestyles). Pedometers are available at the HR dept or campus health services. Limited supply.

3) **By March 22**: Print/mail, or email (pdf; mchenrypatience@fhda.edu, subject line: [YOUR NAME – 10,000 Steps Tracker February 21–March 18]), or fax (650-949-2831) your tracker to **Patience McHenry**, with the following information:

- Name—print and sign
- Last 4 digits of your EMPLOYEE ID (not Social Security number)**
- Campus (Foothill, De Anza, or Central Services)
- Department
- Total number of steps completed (February 21–March 18)

****Please note:** Your employee ID is required to receive your participation incentive gift card. By submitting your tracker to the Wellness Program you acknowledge and consent that your participation incentive(s) will be treated as imputed income and will be reported to payroll for tax purposes. Incentives will be sent on May 31, 2011 to those who complete the walking challenge accordingly.

