



FOOTHILL-DE ANZA
Community College District

WELLNESS

10,000 STEPS CHALLENGE:

Are You Ready?

Goal and Purpose

- ▣ The goal of the Walking Program is to provide a fun, challenging, and feasible way for employees to increase their activity level and improve their overall wellness.
- ▣ Walking is an inexpensive, yet rewarding way for individuals to improve cardiovascular health, minimize illnesses, and improve general well-being.

Participation

- ▣ Full and reduced contract employees
 - Part-time and casual not included at this time

- ▣ Family members are encouraged to participate, although ineligible for incentives
 - life changes involve the whole family!

Program Format

- ▣ 12 weeks (March 22 – June 11)
- ▣ Self-paced
- ▣ Participants will keep track of their progress online or submit tally sheets to their Campus Coordinator
- ▣ Progress will be celebrated amongst continuing participants every 4 weeks at **Participation Celebrations**

Participation Levels

▣ BLUE

- 35,000 – 39,999 total steps/week OR
- 4-5 hours of physical fitness activities/week

▣ GREEN

- 40,000 – 50,000 total steps/week OR
- 5-6 hours of physical fitness activities/week

▣ TEAL

- 50,001 or more total steps/week OR
- 6 or more hours of physical fitness activities/week

Alternative Activities

- ▣ Fitness Classes
 - Step Aerobics
 - Spinning
- ▣ Mountain Biking
- ▣ Swimming
- ▣ Surfing

Alternative Conversions

Multiply the number of minutes of activity by 150 steps

Example: **60-minute aerobic workout**

$$60 \text{ (minutes)} \quad \times \quad 150 \text{ (steps)} \quad = \quad 9,000 \text{ steps!}$$

Participation Celebrations

- ▣ Every 4 weeks:
 - April 26
 - May 24
 - June 21
- ▣ Participants will be recognized for meeting their goals, celebrate the achievements of their co-workers and collect fabulous rewards!

Tracking Progress

- ▣ **Participants will register online:**

<http://startwalkingnow.org/registration.jsp>

- ▣ **Print, sign, and turn in your tracking sheets to your Campus Coordinator by the deadline**

- De Anza: Mary Jo Lomax, Rob Mieso
- Foothill: Rosalinda Jen, Steve Mitchell
- District: Patience McHenry, Christine Vo

AHA Tracking Website



American Heart Association - Learn and Live :: Forget your password? - Mozilla Firefox

File Edit View History Bookmarks Tools Help

http://startwalkingnow.org/registration.jsp

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Start! Walking for a Healthier Lifestyle

Join the Start! Movement. Your free membership gets you:

- A monthly Start! e-newsletter with health tips, recipes and more
- Access to the MyStart! Online Tracker - an easy-to-use physical activity and nutrition tracker
- Access to the Start! Walking Guide - an optional companion tool to the Tracker that gives you tips, shares inspiration, gives you quick access to your Walking Plan and offers you a journal to keep your thoughts and ideas. Place it on your social media site and keep all your MyStart! health tools conveniently at hand all day!
- Exclusive use of the MyStart! Community where you can connect with others for support and motivation! Find friends or "Sole-Mates" to walk with in your area or to provide encouragement from a distance.
- Access the MyStart! Walking Plan - a personalized walking plan to get you on your way to a healthier you.
- Access to your FREE **Start! Holiday Healthy Eating** booklet, filled with healthy eating tips and recipes from the Start! Team. Download it from the link in your confirmation email from start@mystartonline.org

Contact Info

First Name *

Last Name *

Email *

First Name is required

http://startwalkingnow.org/resources.jsp

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Registration Content

<http://startwalkingnow.org/registration.jsp>

Contact Info

First Name *

First Name is required

Last Name *

Email *

Address 1 *

Address 2

City *

State *

Home or Local Zip Code *

Company

[Search for company](#) [Clear](#)

Your company will only be used to place you on the proper leader board within the MyStart! Tracker.
It will not be displayed on your MyStart! Community profile.

Dept/Team

Company Zip

Password*

Confirm*

Registration Content

<http://startwalkingnow.org/registration.jsp>

Click

Type
“**Foothill**”
in the
Search Box
to find the
District

Contact Info

First Name *

Last Name *

Email *

Address 1 *

Address 2

City *

State *

Home or Local Zip Code *

Company

Your company will only be used to place you on the proper leader board within the MyStart! Tracker. It will not be displayed on your MyStart! Community profile.

Dept/Team

Company Zip

Password*

Confirm*

Health Info

Your employer will NOT see this information and it will not be displayed on your MyStart! Community profile. It is used by the Tracker to help calculate and translate your non-walking/running activities into "Total Steps".

ZIP	Company
94022	FOOTHILL-DE ANZA COMMUNITY COLLEGE DISTRICT

- If you are registering as part of your company's wellness program, please contact your HR representative to get the exact company registration information.
- Company not listed? Then please contact your HR representative to [get your company registered](#).

Pasword is required

Registration Content

<http://startwalkingnow.org/registration.jsp>

Health Info

Your employer will NOT see this information and it will not be displayed on your MyStart! Community profile. It is used by the Tracker to help calculate and translate your non-walking/running activities into "Total Steps".

Weight *

Height

Please Select Feet

Please Select Inches

Preferences

If checked, your employer will be able to see your name, department, email address, and physical activities. However, **no one will see your health information (i.e. weight or height).**

☐

If checked, you may receive special offers and information from our Start! Sponsors

☐

Click this box to indicate you agree to the **Terms of use***

☒

Click this box to indicate you agree to the **Community Guidelines***

☒

Submit

Success!

<http://startwalkingnow.org/registration.jsp>



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MyStart! Walking Plans

Simply answer 10 quick questions to get your **FREE** personalized plan, then start walking your way to a longer life.

Walking program development by American Council on Exercise (ACE) in collaboration with the AHA



[Take the Quiz](#)

[1](#) [2](#) [3](#) [4](#)



Plan Your Route to Success!

Answer these 10 quick questions to get your personalized walking plan, then start walking your way to a longer life!

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Tracker

<http://startwalkingnow.org/registration.jsp>

MyStart! Online Tracker

Tracker Dashboard

Activity Diary

Nutrition Diary

Company Scoreboard

MyStart! Walking Plans

Edit My Info

FAQ/Help

Add an Activity

Save Activity

Activity Walking

? Additional Activities

Date

Minutes

Have Total Steps?

1/2 mile = on avg. 1,000 steps

? Convert Steps To Miles

Miles

Comments

? Intensity Select Intensity

? Routes



Cancel

Save Activity

Activity Diary [Log](#) | [Map / Routes](#)


Week of: Tue Mar 16 2010 [Prev](#)


Print

Date	Activity Type	Comments	Minutes	Miles	Intensity	Delete/Edit
Tue Mar 16 2010	Walking		60	4	Moderate	 

Start Date

End Date

03-15-2010 

03-16-2010 

Apply

Total Time	Total Distance	Total Steps All Activities	Total Walking/Running Steps only
60	4	8000	8000

Resources

<http://startwalkingnow.org/registration.jsp>



Videos to Get You Started

Start! Walking at Home

Here's your chance to experience the new *Start! Walking at Home* videos. Produced by ExerciseTV in cooperation with the American Heart Association, they're a great way to find tips and motivation for getting a workout at home. Watch them for free below.



All	Most Popular	Beginner	More ▼
	1 Mile Walk (21:50) It's time to get mo...		
	3 Mile Walk (46:06) In this 45-minute ...		
	Boost the Intensity of Your Walking (0:51)		

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Start! Heart Walk



The **Start! Heart Walk** is a great way to help fund and support the life-saving mission of the American Heart Association. Held nationwide, Start! Heart Walks promote physical activity and heart-healthy living in an

WELLNESS

[illegible]

Goals and Progress Motivation

- ▣ **(Bi) Weekly Walker email challenges**
 - Challenge yourself
 - ▣ Change your number of steps/mileage
 - ▣ Change your walking intensity
 - ▣ Be more social—join a group
 - Updates on company progress
 - Individual experiences

So... What's
in it for *me*,
Patience?

Incentives!

▣ BLUE

- Eligible for a **\$25** taxable gift card EVERY 4 WEEKS!

▣ GREEN

- Eligible for a **\$30** taxable gift card EVERY 4 WEEKS!

▣ TEAL

- Eligible for a **\$35** taxable gift card EVERY 4 WEEKS!

But, wait!

There's more!

High Stepper Awards

- ▣ Two (2) GRAND PRIZE winners will be chosen in a raffle to receive a

\$100 taxable gift card

- ▣ Must exceed 70,000 steps/week to be eligible

'E' for Effort!

- ▣ **Participants making an effort, but not meeting one of the participation levels above, will be eligible for a raffle**
 - *Ten (10) incentives will be drawn*
 - *Must turn in your trackers to your campus coordinators to be eligible*
- ▣ ***Other Awards: Most Steps, Most Improved, Wellness Champion (increasing program awareness)***

Resources

- ▣ Campus Coordinators
- ▣ Groups
 - Register your groups!
- ▣ Wellness Coaches
- ▣ OptumHealth website
- ▣ (Bi)Weekly Walker emails

FHDA Wellness Walkers' Website (WWW)

Benefits - Mozilla Firefox

File Edit View History Bookmarks Tools Help

http://hr.fhda.edu/benefits/stories/storyReader\$77

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Benefits

ANNUAL OPEN ENROLLMENT 2010

RETIREES

NEW WELLNESS

Wellness Newsletter
Feb/Mar

MEDICAL/Rx

DENTAL

VISION

EMPLOYEE ASSISTANCE PROGRAM (EAP)

GROUP TERM LIFE INSURANCE

FLEXIBLE SPENDING ACCOUNTS (FSA)


SUPPLEMENTAL TERM LIFE INSURANCE

WORKER'S COMP

LONG-TERM DISABILITY (LTD)

NEW COBRA

Important Coverage Notice - SurgiCenter



FOOTHILL-DE ANZA
Community College District

WELLNESS


Welcome to the Foothill-De Anza Community College Walking Program!

The goal of the Walking Program is to provide a fun, challenging, and feasible way for employees to increase their activity level and improve their overall wellness. Walking is an inexpensive, yet rewarding way for individuals to improve cardiovascular health, minimize illnesses, and improve general well-being.

Most of all, it's fun!

Questions or suggestions about the program? Please contact a member of the [Wellness Committee](#).

Trackers and Tools



Important Dates

- ▣ March 22: Let the games begin!

- ▣ April 16: Tracker sheets due
- ▣ April 26: Participation Celebration (1)

- ▣ May 14: Tracker sheets due
- ▣ May 24: Participation Celebration (2)

- ▣ June 11: Tracker sheets due
- ▣ June 21: Participation Celebration (3)

Now get out and WALK!

