



"Step Into Wellness"

"Path to Fitness" campaign

Now is a great time to get moving and keep moving. Physical activity helps:

- **Relieve stress**
- **Boost energy level**
- **Burn calories**
- **Promote quality sleep**
- **Build immune system**

Join the "Path to Fitness" campaign in easy steps

1. Go to: <https://www.verywellfit.com/webwalking-usa-walking-program-3432830>
2. Set your personal goal(s)
<https://www.verywellmind.com/smart-goals-for-lifestyle-change-2224097>
3. Track steps, and/or minutes of exercise. Choose a tracking tool:
<https://www.verywellfit.com/tracking-your-walks-3432825>
<https://www.myfitnesspal.com/>
<https://www.verywellfit.com/webwalking-usa-walking-program-3432830>
[download a printable activity log \(PDF\)](#)
Other
4. Email your name, email address to healthybusiness2@gmail.com

Connect with your co-workers

Choose any or all ways of connecting with your coworkers. Ideas below:

- Form a team: Coworkers can form teams (optional). Email the name of your team, team leaders name and email addresses of your team members to healthybusiness2@gmail.com
- Share activities on Map My Walk app
- Post <https://blog.myfitnesspal.com/>
- Set up join walking club through [Meetup.com](https://www.meetup.com/)
- Social media

Win Prizes

Email a record of your minutes of physical activity for the past week on Monday to be entered into drawing to win your choice of earbuds, pedometer, or resistance band. Ten winners every week.

Teams of 5 or more will be entered into prize drawing each calendar month. Team members (including team leader) will receive a "Step Into Wellness" water bottle. Team leader must mail list of team members and total minutes for the team to healthybusiness2@gmail.com by the 5th of the subsequent month.

Duration

The "Path to Fitness" campaign will be continuous through January 31, 2021

Questions?

Email Cathy Rasmusson, Wellness Coordinator at healthybusiness2@gmail.com