

At least four (4) employees per team. If you have less than four employees at your site that want to participate in this challenge, contact Michelle Peryea to be placed in an active team.

EMPLOYEE TEAM

WALK OR RUN WELLNESS CHALLENGE



Walk your way to better health, fitness, and great prizes!

CHALLENGE DATES: August 21 to October 2, 2017

CHALLENGE REGISTRATION: August 1 to August 18, 2017 To register, sign up on the list located at your worksite.

TYPE OF CHALLENGE: Employee Team Challenge (Wellness Together also being offered)

WHERE: Anywhere! Walk or run before and after work, during lunch, and on the weekends. Wellness Walks available weekly at various sites to keep you on track. See Wellness Walk flyer and join a group.

CHALLENGE GOAL: Walk or run 150 minutes each week of the Challenge, complete the Weekly Tracker, and submit a copy by October 11, 2017

→ Walk or run in at least 10-minute increments and log your weekly minutes on the trackers. Trackers are available in the HR office or on the RKxchange under "All documents" and "Lexington Wellness Program Information". You may also find them at your worksite.

→ submit a copy of your tracker to Michelle Peryea, Wellness Program Coordinator, 127 E. State Street by October, 11, 2017.

PRIZES → At the end of the challenge, participants who walked at least 150 minutes each week and have submitted their weekly tracker will be entered in a drawing for a Fitbit. Four Fitbits will be given away. The supervisors of teams in which all employees that signed up and met the Challenge Goal will be entered into a drawing to receive \$100 to spend on their team.

Winners will be announced via agency wide email.

In addition to your tracker, employees enrolled in Lexington's Medical plan may try CDPHP® InMotionSM to create new routes and record your distance and time for routes you already take. It's a tool you can use even after the challenge is over. Employees not enrolled in the medical plan can use the FREE MyFitnessPal website and app to help stay on track now and once the Challenge is over.

Employees enrolled in Lexington's Medical Plan and complete this Challenge may also **EARN 10 CDPHP LIFE POINTS** by reporting their participation under Employer On-site Wellness Programs III



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If it is unreasonably difficult for you to meet the requirements of the Challenge because of a medical condition, contact Michelle Peryea at (518) 775-5420 and she will work with you to develop another way for you to qualify for the rewards.