



What is this Walking Club Competition all about?

MBCR invites employees to compete in our **2011 Employee Walking Club Competition!** This year we are making the competition simpler in nature – meaning, all you have to do is walk. Numerous studies and research indicate that regular brisk walking helps lower your risk of heart disease, stroke, diabetes, certain cancers, osteoporosis, and other medical conditions. Walking is also a great stress reliever! ***The Walking Club Competition will begin on July 1, 2011, and run through October 31, 2011.*** This is a completely voluntary program, but we do hope you will take advantage of this great opportunity to complement a healthier lifestyle



How will the Walking Club Competition work?

This Competition is all about putting a team together, designating a Team Leader, and taking steps toward improved health and wellness! Participants will be issued pedometers that measure the number of steps they take each day. Interested employees will form their own teams by location. ***Each team must have a total of five participants to qualify.*** Participants will receive a comprehensive *Walking Guide* providing them with a wealth of information, tips, and hints to support their walking goals throughout the Competition and complement living a healthy lifestyle in general. The Guide will also contain a Walking Log Sheet (that participants can copy) so they can track their daily steps taken. Every team will come up with its own "team name" and assign itself a Team Leader who will be responsible for setting up semi-monthly team "check-in" sessions to review the progress that each participant is making in the number of steps they walk each day, to provide a supportive atmosphere where team participants can discuss their improvement and help one another through any roadblocks that may be preventing them from getting in more walking. It will also be a chance to share creative walking ideas and motivate the team to keep moving. Team Leaders will be responsible for providing Jill Cascarano (MBCR Human Resources) with a **monthly** summary of their team's total steps taken so that aggregate progress can be shared throughout the Competition. There will be NO exceptions to this requirement during the Competition. So why not sign up and enjoy being part of a team that is working toward a healthy way of life?! Participants simply have to clip on their step pedometer each day and begin taking steps! And remember that every step counts - whether you are working at your job, you are walking on your scheduled break or lunch with your team or by yourself, you're walking the family dog around the neighborhood, playing in the backyard with your kids, doing housework, gardening, food shopping, walking in the mall, mowing the lawn, playing tennis, basketball, golf, etc.



What's in it for me if I participate?

Besides taking steps to improve your overall health, if your team comes in 1st, 2nd, or 3rd in having taken the most number of steps over the course of the Competition, each participant on those teams will be reimbursed up to a maximum of \$100.00 toward the purchase of one pair of walking shoes or sneakers of their choice at whatever store they choose. All other team participants will receive a gift care package that will contain an array of quality, reusable items for use during walking, doing other exercise, or for anytime they go out and about.

Each team participant must complete the *MBCR "Walking Club" Competition Voluntary Participation and Release Form.*