

## Walking Club Motivational Program

The Walking Club is a program that encourages you to walk for exercise with co-workers and earn incentives through the recording of miles walked. The Walking Club incentive program is designed for those who use walking as their main or only mode of exercise. (Employer can decide whether to allow walking on work time. Walking anytime counts toward points.)

### I want to participate! How do I get started?

To get involved, you need to begin to keep track of the miles you have walked using your Workout Record Sheet. Each day you walk and engage in safe stretching as part of your workout, record your mileage on the Workout Record Sheet. At the end of each month, send your Workout Record Sheet to the office and we will tally the total number of miles that you walked during the month. After we have calculated your miles for the month, we will send your monthly and grand total to you. Please record only one month on each sheet.

### How do I accumulate miles?

Each week you earn miles by walking. For every day that you walk for exercise, you record the number of miles walked during that workout. If you need help in measuring a route, you can borrow a mini-pedometer from us or we will come and measure the walk for you.

### How do I earn incentives?

The number of miles you walk each day, week, etc. add up and are treated like a bank account. Each additional month, more miles will be added to your account.

When you purchase an incentive, the corresponding number of miles (that the incentive is "worth") will be withdrawn from your account. You only purchase prizes that interest you. You are not required to purchase any specific incentives. For example, if you would like to purchase a t-shirt, then you must have at least 300 miles recorded in your account. If your balance is 334 miles and you purchase a t-shirt, then your new balance is 34 miles. The mile value for each incentive is as follows:

ITEM*	MILES
Water Bottle	50
Fanny Pack	75
Relaxation Tape	100
Thermal Mug	125
Hat	150
Tank Top	175
Cotton Shorts	225
First Aid Kit	250
Nylon Shorts	275
T-Shirt	300
Gym Bag	350
Sweat Shirt	400

\*Feel free to substitute incentive items. This chart will help you determine how many miles to require for items of various cost/value.

Now are you ready to begin!