



Fall Tour

*Walk your way through the WMU campus and beyond
by participating in the*

10,000 STEPS/DAY CHALLENGE

Join us in a “healthy” competition designed to help us step up to better health by moving toward 10,000 Steps A Day. You are invited to put on your FREE pedometer, walk as much as you can each day for 4 weeks and report your steps. You will be striving to do your personal best and competing with other sites on campus.



I WANT TO SIGN UP!

- Form a 5-person team of benefits-eligible employees. Don't have a team? We'll help you find one!
- Fill out a registration form and return it to your building Wellness Champion.
- Enroll in the Western Wellness One-to-One program at www.wmich.edu/wellness or www.holtynhpc.com
- New program participants receive a FREE pedometer.
- Registration ends 09/26/2011 at 5 p.m.

HOW DOES IT WORK?

- From 10/10 - 11/7 record your steps each day as directed.
- Email weekly results to your building wellness champion or as directed.
- Work to reach your personal step goals and support your team. Help motivate your teammates! Have FUN!

FOR MORE INFORMATION CONTACT:

Wellness Champion Name _____ Phone _____ Email _____