



extracon
science

Walking Challenge

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Walking Challenge

WELCOME TO THE WALKING CHALLENGE!

This unique wellness challenge:

- Promotes physical activity in the workplace.
- Encourages a healthy competitive spirit to foster support and encouragement among employees.
- Drives wellness participation rates upward.
- Offers participants easy tracking of activity by providing text, telephone, or online options.

In this Challenge, participants will track the number of steps they take each day. You will choose the timeline - we recommend 4 to 10 weeks. They will enroll and form teams online. You may provide them with a pedometer or ask them to provide their own. Participants can also record the number of minutes spent walking – which our system converts automatically into steps. To ensure maximum participation, the participants can also record minutes of other types of activity such as swimming or bicycling, which are also converted into steps. Each team's score is based on the number of steps per team member, per day. Participants can report their progress online, or via text message, or by phone call, or using our iPhone and Android apps.

The manual provides a host of promotional materials to assist you in getting the word out about the upcoming Walking Challenge. Whether you need informative articles to publish in the in-house newsletter, a letter of support from top leadership, or promotional posters to

hang in break rooms, the promotional materials are provided in both print-ready and editable electronic formats. Plus many are provided in word format so customization is a breeze.

The Walking Challenge is an ideal opportunity to promote further education and awareness about healthy lifestyle habits. The educational resources included in the manual span a variety of wellness topics from physical activity guidelines to healthy eating for active lifestyles. Aside from increasing awareness about personal health habits and becoming more informed about wellness topics, the participant also feels a sense of connection to the challenge when he/she receives regular communication from the Challenge Coordinator.

Also included is a suggested implementation timeline. It is designed to assist you in organizing the planning, promotion, implementation, and evaluation tasks necessary to ensure the Walking Challenge is a success at your worksite.

The team format encourages a competitive spirit among teams and fosters a natural support network among team members. We believe you will find that the program is ideal to promote and encourage regular physical activity at the worksite.

This Challenge includes realtime, online reports showing participation and engagement in the challenges. Our reporting supports a variety of incentive approaches to fit your program.

To learn more, schedule your demo with one of our health promotion experts at www.extracon.com/demo