Take the first step toward a more active lifestyle. Join *Step into Winter* - an invigorating challenge - and you’ll:

- Feel more energetic
- Experience winter’s brilliant beauty
- Develop fun ways to get moving—through the winter and beyond

**Sign-up today!**

**Step into Winter Challenge**

**Program Starts:** January 8, 2017

**Program Ends:** February 28, 2017

→ All Participants receive a T-shirt! ←

To register: please sign the attached waiver by January 5, 2017.
Contact Benjamin Morris 724.366.7051 or benjamin.morris@garrettcountyschools.org with any questions or concerns
Introduction to Step into Winter

*Step into Winter* is a program designed to encourage healthy, fit, and active lifestyles by encouraging you to make physical activity part of your daily routine.

As a participant, you will be competing against yourself either in the amount of steps or the amount of time dedicated to physical activity. If you choose the steps, you must accumulate a minimum of **35,000 steps each week**. If you choose the time, you must devote a minimum of **150 minutes each week** of physical activity. By reaching the minimum requirement in either category each week for the duration of the challenge, your name will be entered into a raffle to win a prize in the category you chose. The prize for the steps category will be a **$50 gift card**. The prize for the time category will be a **Fitbit**. There will be two winners, one from each category, for the challenge.

There will also be a prize awarded to the location with the highest participation percentage. This will be determined by the total number of employees at each location compared to the total number of participants at each location. That prize will be a **healthy breakfast**.

**Dates and Times**

In order to compete, you must submit your waiver by **January 5, 2017**. The waiver is located on the last page of this document. Please return it to Benjamin Morris, benjamin.morris@garrettcountyschool.org.

Step Up will be 52 days **long**.

The weeks will run:

- January 8-14
- January 15-21
- January 22-28
- January 20-February 4
- February 5-11
- February 12-18
- February 19-25
- February 26-28

We will begin on **January 8, 2017**. And the challenge will end on **February 28, 2017**.

**Step into Winter Check-ins**

Participants must report their weekly number of steps or time on the attached log form and return to Benjamin Morris, benjamin.morris@garrettcountyschool.org by **March 1, 2017**. All information will be collected confidentially and used solely for the Step into Winter competition. Your employer will only share your name and number of steps with co-workers and fellow competitors to recognize the effort you make in reaching your goals each week. For this challenge, it is recommended that you wear clothing and shoes that allow you to get around and cover long distances comfortably. Be sure to wear clothing that complies with office dress code policy during the challenge.
Prizes

Program participants are eligible for either a Fitbit for the time category or a $50 gift card for the step category. Also the location with the highest percentage of participation will receive a healthy breakfast.

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellbeing program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellbeing program, you might qualify for an opportunity to earn the same reward by different means. Contact Benjamin Morris 724.366.7051 or benjamin.morris@garrettcountyschools.org to work with you (and, if you wish, with your doctor) to find a wellbeing program with the same reward that is right for you in light of your health status.
Setting Healthy Step into Winter Goals

Walking more doesn’t just improve your fitness by virtue of exercise; it also improves your health by reducing the amount of time you are sitting or sedentary. Sitting or remaining sedentary for extended periods of time can make you more susceptible to chronic disease. Increasing your exercise level is also likely to help you relax and be more energetic as you go about your day.

Adding more steps to your day, setting aside time to go for a walk and improving your overall health are the goals, but how can you achieve them efficiently and safely?

- Start out slow and easy. Just walk out the door. For most people this means go outside, walk for 10 minutes, and walk back. That’s it? Yes, that’s it. Keep in mind you’re competing against your co-workers to see who can log the most steps, so for more help on developing a robust walking regimen, visit www.thewalkingsite.com.

- If you don’t have time to walk regularly, or would like to add more steps to your day beyond an occasional leisurely stroll, you can increase your step count while going about your daily routine. To learn some ways you can accomplish this, visit http://www.mindbodygreen.com/0-22099/how-to-actually-walk-10-000-steps-a-day-even-if-you-hate-walking.html

- Eventually you want to be walking between 7,000 and 10,000 steps a day. These numbers are in line with several scientific recommendations, including those of the Centers for Disease Control and Prevention, which suggests that adults ages 18 to 64 need at least 150 minutes of moderate aerobic exercise per week. Walking 10,000 steps, or roughly 5 miles, has been shown to help control weight and potentially reduce blood pressure and the risk of developing diabetes. For more information on how much you should be walking to meet your health and fitness goals, visit https://www.cdc.gov/physicalactivity/walking/

Utilizing a personal walking chart or journal can help you monitor your progress. There are also numerous mobile apps that can help digitally monitor all of your fitness goals. Through determination, willpower and hard work, YOU can be the Step into Winter winner!

Good luck!
Waiver and Release

Participation in this walking program is voluntary. I elect to participate in this walking program at my own risk and on my own time. This activity is not work-related or mandatory.

I understand that this physical challenge and its accompanying activities may result in injuries to the participants. I believe that I am in good health and can safely participate in this program. If I am a minor, an expectant or breastfeeding mother, an individual over 35 years of age or if I have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease or any other illness, disease, health problem, medical condition or metabolic disorder requiring special dietary needs, I have been advised to consult with my primary health care provider for a professional opinion before enrolling in the program.

Any changes in my diet, including the use of food supplements, weight loss or activity level, are entirely my responsibility.

I have carefully read this waiver and release, and I fully understand that it is a release of liability. I expressly agree to release and discharge the authors of this program from any and all claims or causes of action. I agree to voluntarily give up or waive any right that I may otherwise have to bring a legal action against my employer or the authors of this program for any personal injury resulting from my participation in this program.

To the extent that a waiver and release of negligence is also allowed in this state, this waiver and release is also a waiver and release of negligence. If any portion of this waiver and release is deemed to be invalid by a court of competent jurisdiction, the remainder of the waiver and release from liability shall remain in full force and in effect.

By signing this waiver and release, I acknowledge that I have read and understand the waiver and release and the disclaimer provided with this program. I also understand and acknowledge that this waiver and release cannot be modified verbally.

Signed: 

Printed Name: 

School: 

Date: 

Shirt Size:  XS  M  L  XL  XXL  XXXL  XXXXL
# Step into Winter Challenge Log Sheet

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Name: _____________________________ School: __________________________