

Fall Into Fitness Challenge



When? Monday, September 19 through Sunday, September 25

Why? Let's all challenge ourselves and our co-workers to be fit!

How? One way to track our activity is by counting steps – walking 10,000 steps each day is the amount that best promotes our health. In this Challenge we will aim for 70,000 steps in a week – or the equivalent of that many steps if you are doing another activity like bicycling or swimming.

Employees registered in the challenge will be eligible for prizes – whether they complete the goal of 70,000 steps or not. Those who complete the 70,000 steps will be entered into a drawing for the grand prize.

Teams: Form a team, either departmental or a team of your choice for additional team prizes. The team having the greatest number of average steps per team member will win the team prize and gain bragging rights! Employees participating in teams will still be eligible for individual prizes.

Sign up NOW!

- 1) Register to participate: Contact Liska Lackey at llackey@email.unc.edu or 919-968-2796.
 - For walkers, let Liska know if you will be counting steps (using a pedometer or an app) or if you will be tracking minutes walked.
 - Doing something other than walking? Give us a call and we can figure out how best to track the activity you are doing.
- 2) Forming a team? When you register, let us know. Team guidelines are:
 - teams need a name – be creative and fun!
 - teams must consist of all Town employees
 - teams must have at least 5 participants
 - all team members must be registered to participate



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