

# Orange Grove Center



## Walking Program

March – April, 2011

**Enrollment Dates:** February 28, 2011 – March 7, 2011

**Deadline to return final Weekly Walking Log:** 4pm, Monday, May 2, 2011



## Walking Program

March – April, 2011

The Workplace Wellness Walking Program is designed to help support and motivate employees to begin exercising and getting healthy. Walking is an easy way for anyone to lose weight and get healthy. The Presidential Council on Physical Fitness and Sports suggests that adults should get at least 30 minutes of activity 7 days a week to maintain health. Through this program you will set goals and work to meet and eventually exceed these goals on a weekly basis. At the end of the program, everyone who participates for the *full 8 weeks* will receive a *Clip-on Case (holds cell phone or MP3)* and the three participants with the highest percentage increase in the number of steps will win a monetary reward. The rewards are:

\$100 for 1<sup>st</sup> place

\$75 for 2<sup>nd</sup> place

\$50 for 3<sup>rd</sup> place

### To begin:

- Read the Walking Program Guidelines
- Once committed to following the guidelines, sign a **Walking Program Pledge** form
- Submit the form to the Walking Program Coordinator by Monday, March 7, 2011
- You will receive a pedometer and the chart for logging your steps

### Walking Program Coordinator:

Tracy Glenn, Nutrition Services

[tglenn@orangegrove.org](mailto:tglenn@orangegrove.org)

ext 2918

Office is located around the corner from the cafeteria

**Enrollment Dates: February 28, 2011 – March 7, 2011**



# Walking Program Guidelines

March 7 – May 1, 2011

- Begin walking Monday, March 7
  - 1st week : Monday, March 7 – Sunday, March 13
  - 2<sup>nd</sup> week : Monday, March 14 – Sunday, March 20
  - 3<sup>rd</sup> week : Monday, March 21 – Sunday, March 27
  - 4<sup>th</sup> week : Monday, March 28 – Sunday, April 3
  - 5<sup>th</sup> week : Monday, April 4 – Sunday, April 10
  - 6<sup>th</sup> week : Monday, April 11 – Sunday, April 17
  - 7<sup>th</sup> week : Monday, April 18– Sunday, April 24
  - 8<sup>th</sup> week : Monday, April 25 – Sunday, May 1
- For the first week, walk as you normally would without adding extra steps. This will set your baseline for determining goals and for calculating the percentage increase at the end of the program.
- **Wear your pedometer all day** and at the end of the day, write down how many steps you logged for that day and hit the reset button for the next day.
- Monday, March 14, after the first week, bring your walking log to the Walking Program Coordinator to set the goal for Weeks 2 & 3. It will be the highest number of steps you walked on any one day during Week 1.
- Monday, March 28, after Week 3, a new goal will be set for Weeks 4 & 5 based on the number of steps walked during Weeks 2 & 3.
- Monday, April 11, after Week 5 a new goal will be set for Weeks 6 & 7 again based the number of steps walked during the last two weeks.
- Monday, April 25, after Week 7, a new goal will be set for Week 8.
- All participants to complete the 8-week walking program will receive a Clip-on Case (holds cell phone or MP3).
- The winners will be determined by the highest percentage increase. The percentage increase will be calculated by taking the highest number of steps in Week 8 divided by the baseline from Week 1 (goal set for Week 2). The three participants with the highest percentage increase will receive cash rewards. Remember, everyone is a winner because you are taking the first step in a healthier you.

**Deadline to return final Weekly Walking Log: 4pm, Monday, May 2, 2011**



## Walking Program Pledge

March 7 – May 1, 2011

*I pledge to take steps towards a healthier me, a healthier Orange Grove Center and a healthier America.*

*I will make choices that include walking as an easy part of my daily routine. With the help of this program, I will strive to meet my personalized goals and to accurately and honestly record my progress.*

*In doing so, I can decrease my risk for health problems down the road and do my part to keep healthcare affordable for everyone. In signing this pledge, I agree to meet the Workplace Wellness Walking Program requirements to walk a minimum of 5 out of 7 days for 8 weeks.*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*You should consult a physician before starting any exercise program. If you choose to follow the Walking program without consulting your physician, you are doing so at your own risk. We claim no responsibility for any injuries you might sustain.*



# Weekly Walking Log



Participant Name: \_\_\_\_\_ Emp #: \_\_\_\_\_

Week #1: 3/7 – 3/13/11	# of Steps
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Employee Initial & Date:	
Wellness Rep Initial & Date:	
Highest Steps from Week 1	

Week #2: 3/14 – 3/20	# of Steps
<b>GOAL for Weeks 2 &amp; 3:</b>	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Employee Initial & Date:	

Week #3: 3/21 – 3/27	# of Steps
<b>GOAL for Weeks 2 &amp; 3:</b>	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Employee Initial & Date:	
Wellness Rep Initial & Date:	
Highest Steps from Week 3	

Week 4 – 3/28 – 4/3	# of Steps
<b>GOAL: Highest from Wk 3 + 500 steps</b>	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Employee Initial & Date:	



# Weekly Walking Log



Participant Name: \_\_\_\_\_ Emp #: \_\_\_\_\_

Week #5: 4/4 – 4/10	# of Steps
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Employee Initial & Date:	
Wellness Rep Initial & Date:	
Highest Steps from Week 5	

Week #6: 4/11 – 4/17	# of Steps
<b>GOAL:</b> Highest from Wk 5 + 500 steps	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Employee Initial & Date:	

Week #7: 4/18 – 4/24	# of Steps
<b>GOAL:</b> Highest from Wk 5 + 500 steps	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Employee Initial & Date:	
Wellness Rep Initial & Date:	
Highest Steps from Week 7	

Week 8 – 4/25 – 5/1/11	# of Steps
<b>GOAL:</b> Highest from Wk 7 + 250 steps	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Employee Initial & Date:	
Wellness Rep Initial & Date:	
Percentage of increase:	%

**Verification:** I certify that I have met the requirements of the Workplace Wellness Walking Program:

- I have met my daily activity goal for at least 5 days each week.
- I have performed my physical activities for at least 8 weeks.

Participant Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

**Deadline to return final Weekly Walking Log: 4:00 p.m., Monday, May 2, 2011**

**Submit to Walking Program Coordinator: Tracy Glenn, Nutrition Services**