

WELL AWARE CHALLENGE

10,000 STEPS A DAY

WALK
this way

PROGRAM GUIDE



**WELL
AWARE**

The education you need
for the health you want

MONTGOMERY COUNTY
PUBLIC SCHOOLS



ROCKVILLE, MD



WALK THIS WAY

PROGRAM SUMMARY AND GOALS

Walk This Way is the spring 2012 activity challenge from Well Aware, the Montgomery County Public Schools (MCPS) employee wellness program. *Walk This Way* is an eight-week challenge designed to help you increase your physical activity, have fun, and reach the end goal of walking 10,000 steps a day. The goal of 10,000 steps a day is enough activity to reduce your risk for disease and help you lead a longer, healthier life.

All MCPS staff members are eligible to participate in *Walk This Way*, including elementary, secondary, and central services staff members. Participants will register for the program and track their progress using an online fitness log and a provided step counter. Based on participation and number of steps, you will be eligible to win prizes for yourself, your team, and your school.

Important Competition Dates

- **Registration Opens: Monday, March 5, 2012**
- **Competition Begins: Monday, March 12, 2012**
- **Competition Ends: Friday, May 4, 2012**

THE COACH'S ROLE

Each school and central services location should have a volunteer wellness coach or team of coaches who serve as program coordinators and champions at their locations. For *Walk This Way*, your coach will be a valuable resource—he or she will provide you with a step counter, technical assistance, updates, and support throughout the eight-week competition. Be sure to identify the coach(es) at your location, and don't hesitate to go to them for assistance throughout the competition.

HOW TO PARTICIPATE

The goal of *Walk This Way* is to increase your daily activity, reach the end goal of walking at least 10,000 steps a day, and have fun with your colleagues in the process. To do this, you will track how many steps you take each day using a step counter and the online Well Aware Fitness Log.

To participate, you must first register on the Well Aware Fitness Log, available on the *Walk This Way* webpage. Once registered, you will receive a step counter from the volunteer wellness coach(es) at your location. You should wear your step counter daily and log the number of steps you take into the fitness log. If you



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engage in other aerobic activity, such as swimming, biking, or playing tennis, you can select your activity in the fitness log and it will automatically convert your activity into steps that count toward competition prizes.

Teams

You may participate in *Walk This Way* as an individual or as a member of a team. If you are a school-based employee and you choose to participate as an individual, the steps you log will help your school compete for a grand prize by counting toward your school's total activity. If you choose to participate with a team, you may form a team with up to 10 members from across MCPS; teams are not limited to one location. In addition, each location may have multiple teams. Once you have agreed to join a team, a team captain must be selected to establish the team on the Well Aware Fitness Log. See the "Online Tools" section of this guide for additional details.

Step Counters

Every participant who registers on the Well Aware Fitness Log will receive a free step counter, available from the volunteer coach at each location. After registering, you will receive a welcome e-mail. Present the e-mail to your coach to receive your step counter.

If your step counter stops working, please contact wellness@mcpsmd.org. If it is a manufacturer malfunction, it will be replaced.* If a step counter is dropped or otherwise broken, it will not be replaced. If necessary, replacement step counters can be purchased at any sporting goods store or discount retailer.

**Please note: Well Aware will do its best to replace all malfunctioning step counters, but may not be able to replace each one.*

ONLINE TOOLS

Walk This Way will be managed using two online resources:

1. *Walk This Way* webpage: Available on the Staff Wellness portion of the MCPS website. Simply search "Walk This Way" from any MCPS webpage.
2. Well Aware Fitness Log: Available on the *Walk This Way* webpage and via the registration e-mail sent to all employees on March 5, 2012.

Both pages will offer competition updates, tools for registering and using the fitness log, and tips and motivation to keep moving.

Well Aware Fitness Log—the Main Resource

The Well Aware Fitness Log is the main resource for this competition. The log allows participants to track their daily steps and other aerobic activity and to accumulate steps and activity toward prizes. The fitness log also displays competition updates, including leading teams, allowing friendly competition to help motivate you to reach your goals.

Also, the fitness log allows participants to track daily nutrition intake. While this portion of the log is not used toward competition prizes, tracking daily nutritional intake is a valuable way to reach or maintain a healthy lifestyle by allowing you a realistic view of your eating habits. Well Aware encourages all participants to take advantage of this feature.

REGISTERING ON THE FITNESS LOG. The first time you visit the Well Aware Fitness Log, you will need to click on “Register” at the top of the login page. You must enter and then confirm your e-mail address. When you submit this information, you will receive a welcome e-mail that contains your username and password. Use this username and password to access the Well Aware Fitness Log. Keep your login information in a safe place. The first time you log in after registering, you will be asked to provide some additional information, such as your MCPS employee ID and other personal information. This information will not be shared. It is only used for awarding competition prizes and measuring program success.

CREATING A TEAM ON THE FITNESS LOG. To establish a team, all participants must first register on the Well Aware Fitness Log. One team member should take the lead as team captain, who will establish the team using the fitness log. The team captain must log into the fitness log and select team members to invite to join the team. Once invited, team members will receive an e-mail and must confirm their team membership by following directions in the e-mail.

For complete instructions and assistance with forming a team, you can watch the how-to video on the *Walk This Way* webpage or ask the coach at your location.

THE COMPETITION PRIZES

Prizes will be awarded at regular intervals during the eight-week challenge to reward consistency and keep motivation high. Just remember that prizes are not the end goal; they are meant to keep you focused on active living and to help you reach 10,000 steps a day.

Accumulating Steps for Prizes

- Log your steps in the fitness log.



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- Not wearing a step counter? Choose your activity from the drop-down menu in the Cardio tab of the fitness log. Based on the duration of your activity, the fitness log will automatically convert that activity into steps that will accumulate toward competition prizes.
- All individuals on a team accumulate steps that count toward team prizes.
- Team activity will be averaged for awarding prizes.
- All individual activity will be eligible for individual prizes.
- For school staff, your individual activity will count toward your school grand prize.

Prizes

- **Weekly Participation Prize**

Every week, 30 participants who have entered activity into the fitness log will be chosen at random to win a fresh fruit delivery at their locations. This prize can be won by an individual only once during the eight-week challenge.

- **Weekly Activity Prize**

Every week, the individual with the most steps will win a six-week exercise class for his or her location. This prize can be won by an individual only once during the eight-week challenge. In the event of a tie, a name will be chosen at random.

- **Overall Lifestyle Change**

The top three individuals with the greatest Body Mass Index (BMI) change over the course of the program will receive a healthy lunch for them and their teams (or for 10 of their coworkers, if they participated as individuals).

- **Grand Prizes**

INDIVIDUAL GRAND PRIZE: The top three individuals with the most steps throughout the eight-week challenge will win a healthy lunch for their teams (or for 10 of their coworkers, if they participated as individuals). In the event of a tie, a name will be chosen at random.

TEAM GRAND PRIZE: The top six teams with the most steps throughout the eight-week challenge will win a healthy lunch and a six-week exercise class for their teams. All team steps will be averaged. In the event of a tie, a team will be chosen at random.



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ELEMENTARY SCHOOL GRAND PRIZE: The top two elementary schools with the most steps (averaged by participants) will receive a \$5,000 grant to be used for physical education equipment or to support staff wellness.

MIDDLE SCHOOL GRAND PRIZE: The top middle school with the most steps (averaged by participants) will receive a \$5,000 grant to be used for physical education equipment or to support staff wellness.

HIGH SCHOOL GRAND PRIZE: The top high school with the most steps (averaged by participants) will receive a \$5,000 grant to be used for physical education equipment or to support staff wellness.

NEXT STEPS

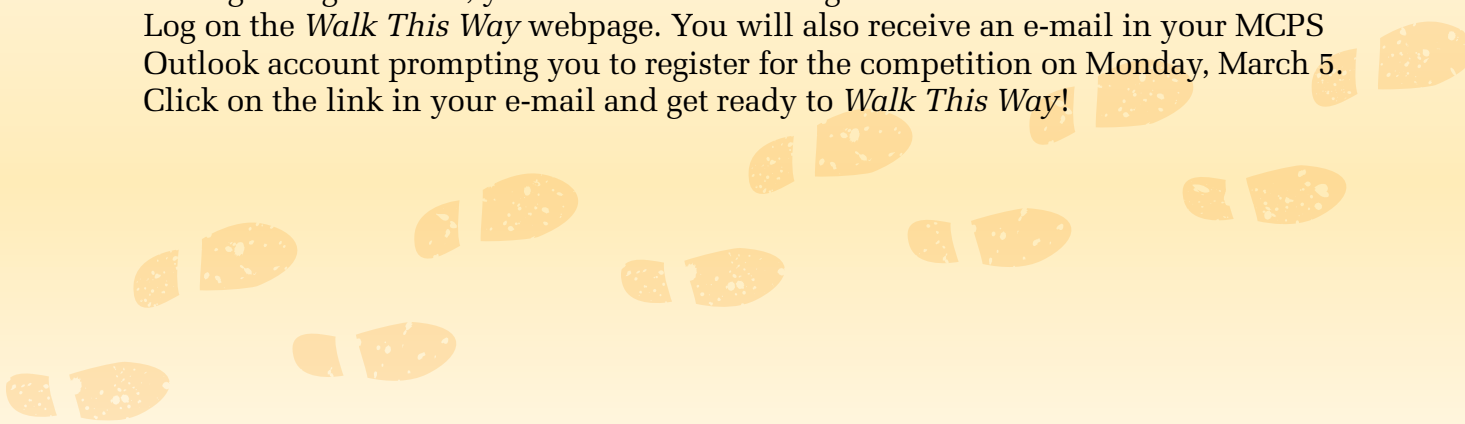
If you are confirmed as a coach at your location, start spreading the word about *Walk This Way*.

If you are a participant, encourage and motivate your coworkers during the eight-week challenge. Visit the *Walk This Way* webpage for a flyer that you can print and post at your location!

GET READY!

Registration opens on Monday, March 5, 2012!

Beginning March 5, you can find a link to register on the Well Aware Fitness Log on the *Walk This Way* webpage. You will also receive an e-mail in your MCPS Outlook account prompting you to register for the competition on Monday, March 5. Click on the link in your e-mail and get ready to *Walk This Way*!



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