CHALLENGE MILESTONES

As you work towards your goal you will become eligible for rewards and additional incentives along the way. This year we are measuring our progress in miles, but those who prefer to count steps can use the 2,000 steps to one mile calculation. As the miles add up, you will find yourself closer to your goal.

Here are some of the program milestones.

**250 MILE REWARD LEVEL**
Participants who submit monthly walking logs and accrue 250 miles will earn a WALKING CLUB T-SHIRT.

**500 MILE REWARD LEVEL**
Participants who submit monthly walking logs and accrue 500 miles will earn a $15 SUBWAY GIFT CARD.

**750 MILE REWARD LEVEL**
Participants who submit monthly walking logs and accrue 750 miles will earn a $30 WALMART GIFT CARD.

**1,000 MILE REWARD LEVEL**
Participants who submit monthly walking logs and accrue 1,000 miles will get Special Recognition at the end of the year.

Rules & More Information

- Bonus miles will be awarded throughout the year to encourage participation in wellness events and to help participants get closer to their goal. Be on the look out for emails from the wellness committee announcing these opportunities.
- 10 Bonus miles will be awarded to any participant who can provide proof (receipt/registration card) of participation in community wellness events such as 5k walk/runs, March of Dimes, and Relay for life.
- Participants in this program are allowed 15 minutes of “free time” to walk during the work day.
- Pedometers can be used for both dedicated exercise (walking, running, treadmill) time and your steps taken as a routine part of the day.
- If you prefer to use your smart phone instead of the provided pedometer, there are many mobile apps available to track steps/miles. In the app store, search “pedometer,” or “step counting.”
- Currently, Full-time permanent employees and part-time staff are eligible for prizes and rewards in this walking program.
- Make a personal goal to walk above and beyond what you walk on a typical day.
- Submit your previous month’s mileage log to Marilyn Collins in Institutional Advancement on the first working day of each month. Attach any bonus miles earned to the submitted form.
Thank you for joining us again in 2016. We continue on our path to wellness here at Northeastern Technical College.

The 2015 walking challenge was a great success, with many of you reaching your 500-mile goal by mid-year. Congratulations to all of you! This year we’re stepping up (pardon the pun) the competition.

The Every Body Walk challenge will begin Jan. 1, 2016 and run through Dec. 1, 2016. The top goal this year is 1,000 miles.

In addition to earning miles for actual steps recorded in walking logs, participants will be able to get closer to their goal by earning bonus “miles” throughout the year. These bonus miles will be given for attendance at wellness programs, and also as you participate in group and community walks.

Just as in 2015, monitor and log your steps each day. Turn in the completed months walking log on the first working day of the following month.

The ultimate goal of 1,000 miles may seem intimidating, but remember that you will still earn rewards along the way. More importantly, you will be creating habits that will promote good health and well-being.

Healthy Tips for Walkers

1. Begin slowly. You need to give your body time to adapt to the increased demands you’re putting on it. If you’ve been inactive for several years, begin with as little as 15 minutes walking per day, five or six days per week.
2. Note your starting point. Can you sustain 15 minutes of continuous walking without becoming overly tired or sore the next day? If not, dial it back to 10 minutes per day. If 15 minutes is comfortable, keep up that level for a week before you try to increase your time.
3. Find the right pace. There is no right speed to walk—there is only a right speed for you. Once you find a pace you can sustain for 15 minutes, gradually build up to 30 minutes. A tip to determine if pace is right for you — you should be able to talk, but not sing.
4. Chart a course. Track your progress. When getting started, the time you spend walking is more important than the distance you cover, but it can be comforting to know where you’re going and fun to track where you’ve been.
5. Make walking fun. If you don’t enjoy solitary walks, ask a friend or co-worker to join you. If you’re invigorated by groups, join a health club.