



# Member Guide

**Walk to Wellness** is a fitness challenge for everyone, regardless of your current fitness level. The Centers for Disease Control and Prevention recommends a minimum of 150 minutes of moderate-intensity aerobic activity every week and muscle-strengthening activities on two or more days a week that work all major muscle groups.

The CEO Walk to Wellness Challenge will run from Sunday, May 29 through Saturday, July 23<sup>rd</sup>.

If you are new to physical activity, walking is a great starting point because it is gentle and may ease you into a higher fitness level. If you consider yourself physically fit, walking is a great complement to your current routine. It's accessible, safe, simple, doesn't require practice, and it's free!

Consider all of the benefits of physical activity, like walking:

- Lower blood pressure
- Improved lipid profile
- Lowered risk for heart disease
- Reduced risk for certain cancers
- Weight management
- Preventing or managing diabetes
- Healthier bones
- Enhanced immune function
- Increased functional health
- Stress reduction, improved mood and self-esteem
- Improved cognitive health

Guidelines:

- It's easy - walk anywhere! Incorporate walking into your daily regimen- before or after work, during your lunch break, or on the weekends- whatever time works best for you.
- Walk in at least 10 minute increments and log your weekly minutes on the trackers. Trackers are available on the CEO Intranet. <http://intranet.ceo-cap.org/>
- Every Monday, submit a copy of your tracker to Sara in HR @ [sgoodwin@ceoempowers.org](mailto:sgoodwin@ceoempowers.org) by 2pm.
- Check your inbox for challenge communications and for tips and tools to keep moving.



- Check out the CDPHP® InMotion<sup>SM</sup> program, which allows you to create walking routes, have voice feedback during walks for distance, pace or speed information, track your progress, and engage with others for support. Find out more at <http://inmotion.cdphp.com/>

**All participants are eligible for prizes based on participation!**

- Every walker who walks at least 150 minutes in a week will be entered into a weekly drawing. At the end of the challenge, all participants who walked at least 150 minutes each of the eight weeks will be entered into a grand prize drawing. Weekly Prizes could be gift cards, fitness accessories, exercise classes. The Grand Prize is still under development, but we hope to not disappoint! All winners will be announced via email every Tuesday during the challenge with the first weekly winner to be announced Tuesday, June 7<sup>th</sup>.

If you have any questions, please contact Sara in HR. [Sgoodwin@ceoempowers.org](mailto:Sgoodwin@ceoempowers.org)

