



2017 STEPS CHALLENGE **MOVE THROUGH MAY** MAY 1-31, 2017

WELCOME TO THE 2017 MOVE THROUGH MAY CHALLENGE!

10,000 steps a day (the equivalent of walking roughly five miles) is safe and effective whether you're already active or just getting started. **All MCG employees and adult YourChoice Health Plan members** can join the **MOVE THROUGH MAY** Challenge and take steps towards a healthier lifestyle!

1. Beginning May 1st, aim to walk (or dance, bike, run, etc.) 10,000 steps at least 4 days each week. No registration needed - just start moving.
**Need a pedometer? You can pick one up from the YourChoice Fitness Center.*
2. At the end of each day, enter your total daily steps on your log sheet (see page 2)
3. At the end of the week, write in the total # of days that you successfully walked 10,000 steps.
4. Continue to follow this process throughout the entire month.
5. Drop off, interoffice mail, or scan/email your completed Move Through May log sheet (page 2) to the YourChoice Fitness Center by Wednesday, June 7th.

PRIZE INFORMATION

Everyone who participates and completes the 10,000 steps 4x/week throughout the month of May earns a YourChoice Gift Certificate good for ONE internal YourChoice program/service, including: Off-site group fitness Copay * Personal Training Session * Tobacco Class Copay * Diabetes Class Copay * Health Coaching Session * Change for Good copay * In-house counseling session

YourChoice gift certificates will be distributed via email to the email address provided on the form.



For More Information Contact: YourChoice Fitness Center
941.748.4501 x6280 | tlightburne@manateeyourchoice.com

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Move Through May Challenge (May 1 – 31, 2017)



Write down your steps each day with a goal of walking 10,000 steps at least 4 days each week or 18 of the 31 days. In the total box, write in the total # of days you successfully walked 10,000 steps or more during the week.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat	# Days ≥10,000
	1	2	3	4	5	6	(4 or more)
7	8	9	10	11	12	13	(4 or more)
14	15	16	17	18	19	20	(4 or more)
21	22	23	24	25	26	27	(4 or more)
28	29	30	31				(2 or more)

Challenge Accepted!

Participant Name _____ Date _____ Monthly Total Days ≥10,000 Steps _____

Phone Number _____ Email Address _____

When complete, submit to the YourChoice Fitness Center (1012B Manatee Ave, Bradenton) – drop off, interoffice mail or scan/email to kraines@manateeyourchoice.com.
 Questions? Call the YourChoice Fitness Center at 941.748.4501 x3979