



February 2009

Dear Walking Program Challenge Participant:

Welcome! We are delighted you decided to join us in the Get Healthy LHS "Step It Up!" walking program challenge. We will walk 250 miles through the Oregon Trail.

Over the next 8 weeks "Step It Up!" will help you improve your physical and emotional well-being. The daily activity will help you to better manage your stress as well as assist you in the management of your weight, blood pressure, blood sugar, and cholesterol.

### **Getting Started**

Everything you need is enclosed in this packet. Take a moment to review the "Step It Up!" paperwork. Fill out the registration/waiver form and turn it into your team captain before March 6<sup>th</sup>. **All team registration forms must be turned in by Friday, March 6<sup>th</sup> to Karen Clifford c/o Suite 10-East.** The cost of the program is \$15.00. Please send your money/check along with the registration/waiver form. Checks must be made out to Lake Hospital System. Once your registration/waiver and money is received your pedometers will be sent to your team captain.

We have provided you with your first step tracking log. Additional step tracking logs can be downloaded from: [www.gethealthylakecounty.org](http://www.gethealthylakecounty.org). Click on the "Step It Up!" icon.

### **"Step it Up!" Rewards**

Everyone who completes the "Step It Up!" walking program challenge will receive a prize—to be determined at a later date.

Thank you for participating in Get Healthy LHS "Step It Up!"

GOOD LUCK!

Karen

Karen Clifford

Get Healthy LHS Coordinator

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