

Step by Step:  
**Walk**  
for  Wellness  
**Challenge**



**Physical activity.  
Do it for life!**



*Physical Activity - do it for life!*

[winnipeginmotion.ca](http://winnipeginmotion.ca)

## Is Your Workplace Walking for Wellness? Join the Step by Step: Walk for Wellness Challenge

Are you looking for a fun and easy way to promote healthy living in your workplace? Then you should join the Step by Step: Walk for Wellness Challenge.

The Walk for Wellness Challenge is a pedometer-based workplace wellness program, designed to help your staff add physical activity to their workday and leisure time.

It's easy to run the challenge:

- A small Challenge Committee organizes the challenge
- Participants can register individually or as a team. Each team can have up to four participants and, of course, the more teams the better.
- Each participant tracks his/her steps each day using a pedometer (or wheelchair odometer).

Once your workplace is ready to go, pick a challenge start date, and then put on your pedometers and start walking. At the end of the day, record your step total, and at the end of the week, send your team's step totals to your Challenge Coordinator. Team totals are tracked throughout the program using an online tracking program, and awards can be given out at the end of the program to recognize team and individual accomplishments.

You can start a Walk for Wellness Challenge at any time during the year (although certain times may work better for your workplace), and the challenge can run anywhere from 5 to 12 weeks.

The Walk for Wellness Challenge is great fun and is set up so ALL employees, regardless of previous fitness levels or abilities, can participate and be successful! The reward is a healthier, happier workplace, with improved morale and productivity.

To **register** for the Step by Step: Walk for Wellness Challenge visit our website at [www.winnipeginmotion.ca](http://www.winnipeginmotion.ca) or [www.walkforwellnesschallenge.ca](http://www.walkforwellnesschallenge.ca)

For more **information**, to access **resources** (e.g., tracking sheets), and for **support** throughout the Challenge:

Winnipeg Workplaces – Contact Winnipeg ***in motion***

Email: [getactive@winnipeginmotion.ca](mailto:getactive@winnipeginmotion.ca)

Phone: (204) 940-3648

Brandon Workplaces – Contact Brandon ***in motion***

Website: [www.brandoninmotion.ca](http://www.brandoninmotion.ca)

Phone: (204) 578-4771

Other Workplaces Across Manitoba – Contact Manitoba ***in motion***

Email: [inmotion@gov.mb.ca](mailto:inmotion@gov.mb.ca)

Phone: 1-866-788-3648

**Join the Step by Step: Walk for Wellness Challenge today!**

