



Walk all over your boss

Enter your workplace in the Heart and Stroke Foundation of Manitoba's Workplace Physical Activity Challenge this May!

Here is your chance to challenge your boss, co-workers, and other workplaces across Manitoba to see who can be the most active.

It's easy to get involved!

Step 1 – Register your workplace

Fill out the registration form included in the email with this poster and return to the Heart and Stroke Foundation of Manitoba (HSFM) by Friday, April 30, 2008.

Step 2 – Hand out materials

Give employees the tools that come with the leader package, including tracking forms and pedometers.

Step 3 – Encourage and motivate employees to get active.

Use the information in the leader booklet to assist you or visit the Foundation's website (www.heartandstroke.mb.ca) for active living tips.

Step 4 – Collect employee tracking forms

Collect all the employee tracking forms. Add the total number of steps and divide this by the number of employees that participated.

Step 5 – Send in your results

Use the Final Results form (available in the leader package) to send in your workplace totals to HSFM to see if you had the most active workplace in the province.

To register or for more information, contact:

In Winnipeg and rural Manitoba:
Lisa Scharf
Physical Activity Manager
Ph: (204) 949.2013 or 1.888.473.4636
Email: lscharf@heartandstroke.mb.ca

In Brandon:
Renée Maillet
Rural Outreach Manager
Ph: (204) 571.4084
Email: rmaillet@heartandstroke.mb.ca



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