

August 17, 2011

## **Walker Tracker updates – open registration, incentives, and more**

Did you participate in the recent Walking Challenge? If so, congratulations on taking a more proactive approach to Live Well. The next Walking Challenge will kick off in November—with a more aggressive goal of 7500 steps per day. Start working toward that goal *now!*



If you did not sign up the first time around, but are interested in learning more about this fun and beneficial companywide walking program, [click here](#).

To register, simply go to your [work location's customized website](#) — World Headquarters, Papyrus-Recycled Greetings, Sales & Service, or one of the plants—and sign up according to the instructions.

Once you sign up for the program (it is administered by Walker Tracker) call or send an email to the contact person at your location, and they will provide you with a Welcome Kit which includes a pedometer.

Whether you are an existing walker—or about to become one!—please note:

- The Activity Converter is now turned on. This tool allows participants to convert other activities and exercises (everything from basketball to tennis to gardening) into steps that count toward your daily 7500 steps goal. The Activity Converter can be found on the screen where you log your steps.

Watch imAGine and emails for additional raffles and mini-challenges in August, September and October to keep you motivated.