

February 29, 2012

## Join March 5 Walking Challenge for fun, fitness, friends, & family

Don't miss out on the third walking challenge beginning March 5. Fun new elements are being added, including:

- Pick from three challenge levels – 6,000 steps / 7,500 steps / 10,000 steps
- Add a spouse or friend—and you'll be entered to win a prize
- "Walk Wednesdays" – complete your goal and be entered to win a prize



Will Forest City be dethroned as the reigning Walking Challenge Champion? Who will come away with the coveted trophy this time? We'll have to walk and see.

### Effective Dates:

- Monday, March 5 through Monday, April 2
- The last day to enter steps is midnight on Tuesday, April 10

### Challenge Structure:

- Three different challenge levels to pick from to fit your lifestyle:
  - Level 1 – Getting Started – 6,000 steps
  - Level 2 – Getting Fit – 7,500 steps
  - Level 3 – Staying Fit – 10,000 steps
- Participants must select their level **by or before March 5** – Note: Once you select your level, you cannot switch to a different level (unless a hardship circumstance occurs)
- You will only compete against associates at that same level at all other locations
- [Click here](#) (PDF) for instructions on how to join your desired challenge level

**It comes down to diligence:**  
Walking to your selected level and logging your steps daily  
are the most important parts of this challenge.

### Challenge Level Winners & Grand Winner:

- Each level will have its own winning location
- Level winners will be determined by looking at the number of walkers at each location who met their step goals and were diligent about logging their steps (i.e. entries)
- The location with the highest number of entries per walker wins
- Out of the three level winners, the one with the highest number of entries per walker (i.e. the best overall diligence) is the grand winner—and takes home the trophy!

### Add a Friend/spouse Raffle:

- Participants can solicit other benefits-eligible associates or a spouse to join the walking challenge
- For every friend added (spouses count as a friend, too), the walker's name is entered into a raffle for a \$25 gift card or \$50 HSA deposit

- One raffle winner per location will be drawn on March 9
- Purchase a pedometer for your spouse for only \$20
- [Click here](#) (PDF) for instructions on how to add a friend/spouse

### **Walk Wednesday Raffles:**

- Every Wednesday during the challenge will be “Walk Wednesday” (3/7, 3/14, 3/21 and 3/28)
- All walkers who complete their goal on a Walk Wednesday and enter their steps by the following Wednesday will have their name entered into a raffle for a \$25 gift card or \$50 HSA deposit
- One raffle winner per location on each of the four Walk Wednesdays

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