

June 2, 2011

REMINDER: TOMORROW is last day to pick up your pedometer for companywide Walking Challenge



Get your game feet on and join your fellow associates for the first American Greetings Walking Challenge. No fancy footwork is required—just a commitment to walk 6000 steps per day for eight weeks – June 6 to August 1. That's the goal to meet—or beat.

Here's how the Walking Challenge works: associates sign up to be a part of one of the designated American Greetings locations across the U.S. that will compete against each other using a pedometer-based program called Walker Tracker. Speed doesn't count—diligence does. Commit to a certain number of steps per day—at least 6000—and be sure to log that into Walker Tracker. Whichever location has the greatest percentage of associates to successfully complete the challenge wins.

So what are you waiting for? Visit <http://whq.walkertracker.com/> and register. When you register you'll receive a confirmation email from Walker Tracker. Print out a copy of that confirmation along with a completed Ohio Bureau of Workers' Compensation Waiver ([click here to download the PDF](#)) and go to Town Square between 11:30 a.m. and 1 p.m. on Friday, June 3, to receive your welcome packet. Wellness champions will be available to distribute the packets, answer questions, help you program your pedometer.

Send your comments and feedback on the Walking Challenge, other Wellness programs, and suggestions on what we can do to help you live well to livewell@amgreetings.com.