



WOW!



Let's Step It Up!

If you are an employee who is already participating in the Wayne County Wellness Challenge, we are adding a new element of competition and prizes!

“Let's Step It Up” Midpoint Challenge:

April 8, 2014

FMH Conference Room

7-9 a.m. | 11 a.m. – 1 p.m. | 3-4 p.m.

FMH Therapy Services Staff will confidentially measure your weight, BMI & Body Fat Percentage. Anyone unable to attend on this day can stop by the Therapy Department at their convenience by simply calling down to ensure a therapy staff member is available to assess you. The assessment will not take more than a few minutes. You will be given a Pedometer, your BMI and Body Fat % will be measured, and you or your team captain will be given details on how to report your weekly step count!

The Let's Step it Up challenge makes you eligible to win prizes after the Wayne County Wellness Challenge Event (May 17th)! Wellness Challenge Teams and/or Individuals can participate by simply tracking your steps!

Beginning April 15, simply wear your pedometer, record you daily steps, and report them to your team leader or report them individually each Monday.

Team Prize for the most steps on a daily average: Private Swim Party at Leo French Park!

Individual Prizes for most average daily steps:

1st Place Gift Certificate (to various “wellness” businesses) for \$125 | 2nd Place \$75 | 3rd Place \$50

More Details will be provided at the Kickoff!