

Mayflower Municipal Health Group

FALL WALKING CHALLENGE

September 23- November 4, 2013



Walk More. Get Healthier. The MMHG Fall Walking Challenge is a 6 week walking program with user friendly online tracking that helps you **set goals** and **view your progress**.

Win Cool Prizes. Participants who log in and record their miles/steps each week can win prizes during the **weekly prize raffle**. All participants in the challenge will be entered in the **grand prize drawing** at the end of the program.

Challenge Your Coworkers and Spouse. All employees and spouses of MMHG member units are eligible to participate in the program and win prizes.

Get Motivated. You'll receive weekly emails with challenges to keep you on track. Trade those summer flip flops for sneakers and **get moving!** Walk for your team!

This Fall you can win a prize in the weekly raffles in addition to the grand prize raffle.

Weekly Raffles:

October 1st– 2 \$15 Gift Cards Dick's Sporting Goods

(for participants who log miles walked week of Sept 23-29)

October 8th– 5 \$10 Gift Cards Target

(for participants who log miles walked week of Sept 30-Oct 6)

October 15th– 2 \$15 iTunes Gift Cards

(for participants who log miles walked week of Oct 7-13)

October 22nd– 2 \$15 Gift Cards Dick's Sporting Goods

(for participants who log miles walked week of Oct 14-20)

October 29th– 2 \$15 Gift Cards Target

(for participants who log miles walked week of Oct 21-27)

Participants are eligible for weekly raffles if they log in miles/steps during the week as indicated on schedule above. For example, to be eligible for October 1st raffle participant must log miles/steps during week of September 23-30. Participants who log miles/steps each week are eligible for all 5 weekly drawings.

Grand Prize Raffle– November 7th:

IPOD Shuffle

2- Omron HJ-112 Premium Pedometers

5- \$20 Gift Cards Dick's Sporting Goods

2- \$15 iTunes Gift Cards

All participants in the MMHG Fall Walking Challenge will be entered in the Grand Prize Raffle.

Signing up is easy:

~Go to: www.walkingworks.com and click "Sign Up"

~Click "Yes" when asked if you are participating through a special program or your workplace

~Select "Massachusetts, Blue Cross and Blue Shield" for your Plan (you do not need to be enrolled in Blue Cross and Blue Shield to participate)

~Select "Mayflower Municipal Health Group" for your Group and "Fall Walking Challenge" for your Program

~Select your "Town or Governmental Unit" for your Team

~Complete the registration information and click "Submit"



Remember to check with your doctor before beginning any exercise program.

Learn more about Wellness at
www.mmhg.org

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