

City of Casper WELLNESS WALKABOUT



June 16—August 10, 2014

A fun Summer activity encouraging you to walk your way to better health!



PROGRAM OVERVIEW

Participants are encouraged to walk 30 or more minutes each day for 8 weeks. Each week, experience different-health themed campaigns to help guide you on your path to wellness. **Open to all employees and their immediate family members!**

TO REGISTER

Go to one of the following locations:

June 11: 8-8:30 am, Water Distribution Garage

8:45 –9:30 am, Rec Center

9:45-10:15 pm, Dispatch

4-5 pm, Downstairs Meeting Room

June 12: 8-9 am, WWTP

June 13: 7:30—8:30 am, City Garage Break Room

8:45—9:15am, Events Center

****When you register you have the option to have your body weight &/or blood pressure taken****

Don't forget the Health Talk on June 19, 12-1 pm, Walk 'n Talk Fitness with Mary:

Meet near the Water Fountain outside of City Hall. Learn different Theraband exercises you can do at work for the first 20 minutes and then walk for 30 minutes.

BONUS, you will get a Theraband of your own! Employees, sign up through WOTC., family members call Mary at 307-235-7514 or e-mail

mfacciani@cityofcasperwy.com.



YOUR GOAL:

Walk 30 or more minutes each day totaling 210 minutes or more each week (Monday through Sunday). ***If you met the weekly requirements for the entire activity you will have your name entered to win a \$50.00 gift card to Mountain Sports (2 available).***

Questions? Contact Mary in HR, mfacciani@cityofcasperwy.com or 235-7514.

City of Casper
WELLNESS WALKABOUT



TRACKING SHEET

Write down the number of minutes you walked under the day and specified week. At the end of the week, add the total minutes you walk for the week (*your goal is to walk 30 or minutes daily = 210 minutes for the week.*)

YOUR GOAL:

Walk 30 or more minutes each day totaling 210 minutes or more each week (Monday through Sunday). At the end of week 8, calculate your overall minutes walked and then turn in your tracking sheet to Mary. If you met the weekly requirements for the entire challenge you will have your name entered to win a \$50.00 gift card to Mountain Sports (2 available).

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Total:
WEEK 1 June 16-22								
WEEK 2 June 23-29								
WEEK 3 June 30 - July 6								
WEEK 4 July 7-13								
WEEK 5 July 14-20								
WEEK 6 July 21-27								
WEEK 7 July 28 - August 3								
WEEK 8 August 4-10								



Overall Total Minutes Walked: _____