

Are you getting your 10,000 steps a day?

Earn prizes while
improving your **fitness!**

StepUp



a healthy u

Andrews University

Faculty and Staff Walking Challenge

Possible prizes available this spring 2012 semester:

- **Pedometer**
- **a healthy u gear** (stickers, mesh carrying bags, water bottles, t-shirt, etc.)
- **Exercise equipment** (jump rope, resistance bands, etc.)
- **Watches**
- **Grand Prize** awarded to the participant who walks the most steps

Changes this spring:

- Pedometers will be provided during registration for those who do not have one (register Jan. 9-19, FTES office)
- Johnson Gym will NOT be open during the lunch hour for walkers
- Steps can be recorded all day
- Step tallies need to be emailed or turned in to **a healthy u** weekly
- Prizes will be awarded based on steps accumulated
- Follow your progress online at www.andrews.edu/services/wellness
- Program runs Jan. 23 - April 26

This program is now open to you 24-7! Walk on your own time and record your steps each work-week. Steps will still be totaled and prizes will be awarded to participants throughout the semester. See if you can get your 10,000 steps!

For more information contact
a healthy u

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