**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](http://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**

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