

JOURNEY TO WELLNESS

STEP OUT CHALLENGE

<p>Take a Buddy Fitness is more fun with a friend. Find someone to exercise with you today.</p> <p>_____ Date Done</p>	<p>Stretch it Out Stretch while you're waiting at the copier, fax, printer, or while you're on the phone.</p> <p>_____ Date Done</p>	<p>Energy Balancer Didn't get to be active today? Have a fruit or vegetable snack instead of chips or sweets.</p> <p>_____ Date Done</p>	<p>Walk 2 Miles Walk at least two miles or 30 minutes today.</p> <p>_____ Date Done</p>	<p>Stress Reliever Take 20 minutes for physical activity as a way for you to reduce stress today.</p> <p>_____ Date Done</p>
<p>Have Some Fun Fly a kite, play miniature golf, have a healthy picnic, visit the zoo or amusement park.</p> <p>_____ Date Done</p>	<p>Take 10 at Your Desk Exercise at your desk. http://personnel.ky.gov/dei/wellness/workout.htm has videos for you.</p> <p>_____ Date Done</p>	<p>Get Strong Strengthen your leg muscles today. Visit www.acefitness.org for ideas.</p> <p>_____ Date Done</p>	<p>Ride Bikes Take a family bike ride. Check out one of the bike trails in your area.</p> <p>_____ Date Done</p>	<p>Walk Together Go for a 1-mile walk around the block, or on a trail.</p> <p>_____ Date Done</p>
<p>Stretch It Out Bend down and touch your toes for 30 seconds at least two times today.</p> <p>_____ Date Done</p>	<p>Park Far Away Park the car at the back of the parking lot at work, the mall or the grocery store.</p> <p>_____ Date Done</p>	<p>Log Your Success Begin an exercise log so you can look back and see how you've progressed.</p> <p>_____ Date Done</p>	<p>Take a Hike Go for a nature hike in the woods, at a park or a nature center.</p> <p>_____ Date Done</p>	<p>Have a Ball Take a ball outside—basketball, volleyball, baseball and play for at least 20 minutes.</p> <p>_____ Date Done</p>
<p>Energy Balancer Didn't get to be active today? Make up for it by having a healthy dinner.</p> <p>_____ Date Done</p>	<p>KY Trails Walk or jog on one of the local trails or routes in your areas.</p> <p>_____ Date Done</p>	<p>Orchard Visit Visit a nearby farm or orchard to pick your fresh spring fruit/veggie.</p> <p>_____ Date Done</p>	<p>Walk, Don't Drive Walk someplace you usually drive to—library, church or friend's house.</p> <p>_____ Date Done</p>	<p>Get Strong Strengthen your arm muscles. Visit www.acefitness.org for ideas.</p> <p>_____ Date Done</p>
<p>Grow Your Garden Take 30 minutes to work in your yard or garden today.</p> <p>_____ Date Done</p>	<p>Turn Off the TV Head outside to take a walk or a night hike to do some stargazing.</p> <p>_____ Date Done</p>	<p>Stress Reliever Do yoga or Pilates to relieve stress, and improve strength and flexibility.</p> <p>_____ Date Done</p>	<p>Step It Up Take the steps instead of the elevator.</p> <p>_____ Date Done</p>	<p>Young at Heart Play your favorite childhood game—TV tag, Twister, Frisbee, Hula Hoop, or Hopscotch.</p> <p>_____ Date Done</p>
<p>Wash Your Car Wash your car by hand instead of taking it to the automatic wash.</p> <p>_____ Date Done</p>	<p>Something New Learn how to play a new sport, game or activity that keeps you moving.</p> <p>_____ Date Done</p>	<p>Walk, Jog Take a 30-minute walk and if possible and safe for you add at least two short bouts of jogging.</p> <p>_____ Date Done</p>	<p>Stretch It Out Take a 10-minute stretch break at work.</p> <p>_____ Date Done</p>	<p>Get Strong Strengthen your core muscles. Visit www.acefitness.org for ideas.</p> <p>_____ Date Done</p>

Note: Persons with disabilities are invited to modify activities as needed. For activity ideas visit *The National Center on Physical Activity and Disability* at www.ncpad.org or call 1-800-900-8086.

See back for instructions and prize information.

Journey to Wellness - Step Out Fitness Challenge

In celebration of the launch of the new *Journey to Wellness* program for Commonwealth of KY state agency employees we are excited to be kicking off our first fitness challenge event this spring, the Step Out Challenge. This challenge is a fun, easy way to help build physical activity into your day and give you the chance to win some great prizes!

HOW TO PLAY:

1. Between May 4th, 2009 and June 14th, 2009, each time you complete a challenge, date the challenge box and put an X through the square.
2. At the completion of the challenge send your printed scorecard via interdepartmental mail to: Stephanie Marshall, KSOB 2nd floor, 501 High St. Frankfort, KY 40601. All scorecards must be received by June 30th. Only one card per participant please.
3. You will be entered into the prize drawing 1 time for each row you complete. A row can be across or down. If you complete the entire scorecard you will be entered into the prize drawing 15 times. Prizewinners will be notified by July 10th, 2009.
4. Don't forget to register for the Virgin HealthMiles program to be eligible to earn extra cash for all of your hard work. Go to <http://personnel.ky.gov/dei/vhm.htm> and click on the appropriate link to get registered. If you register for the Virgin HealthMiles program during this challenge or have already registered please put and X here _____ to earn five extra entries in the Step Out Challenge prize drawings.

Prizes You Could Win

- Variety of Shopping Gift Certificates
- Parks/Recreation Gift Certificates
- Walk in Bluegrass State Games Opening Ceremony
- Fitness memberships/classes
- Ticketmaster Gift Certificate
- Exercise Equipment
- iPod Nano
- And More!!

Associate Information

Name: _____ Cabinet: _____

Agency Location (City): _____ Work Phone: _____

Home Phone: _____ Email: _____

Your Favorite Challenge: _____

Turn in your printed scorecard by **JUNE 30TH, 2009** via interdepartmental mail to **Stephanie Marshall, Personnel Cabinet KSOB 2nd Floor, 501 High St. Frankfort, KY 40601**, for a chance to win a prize. Winners will be notified by July 10th, 2009.

The Step Out Challenge is brought to you by:

State Wellness Director: Stephanie Marshall
Personnel Cabinet
Phone: 502-564-5506
Stephanie.marshall@ky.gov

