



According to the American Heart Association, the number one cause of death in our nation is heart disease. Each day 2,400 people die of a variety of heart diseases and over 79 million live with them. There are a vast number of ways to improve the strength of your cardiovascular system and decrease the risk of heart attack and stroke. One such method is partaking in regular physical activity. Being physically active helps reduce the risk of cardiovascular disease by controlling weight, decreasing blood pressure and cholesterol, and improving mood.

**Walk for Wellness** is a ten-week self-monitored walking program designed to encourage you to make physical activity a part of your daily routine by finding fun creative ways to add steps in your life.

**Registration:** Please email Ashley at [kallman1@email.unc.edu](mailto:kallman1@email.unc.edu) your interest in the program. There is no registration fee.

**Date:** Walk for Wellness runs from September 21<sup>st</sup> through December 4<sup>th</sup>.

**Contact:** Ashley Kallman, Employee Fitness Coordinator, [kallman1@email.unc.edu](mailto:kallman1@email.unc.edu)

#### **General Rules/ Policies/ Information:**

If you meet the program's weekly goal you will be entered to win a free fitness assessment, a valuable source of information on your current physical conditioning level as well as receive an orientation to strength conditioning. If you successfully meet the program's objectives you will be entered to win a gift certificate to a local restaurant.

#### **Program Objectives**

*All must be met in order to be deemed successful*

- Walk at least 10,000, a minimum of 3 days a week, one of your walks must be with your partner (If you decide to participate on your own, I encourage you to make at least one walk with a partner, spouse, child, friend, or co-worker a week.)
- Log your time, mileage, or steps on the activity Log
- Submit log by Wednesday of the following week to [kallman1@email.unc.edu](mailto:kallman1@email.unc.edu).

***Physical activity will add years to your life and life to your years***

NC Health Plan