

ROAD SCHOLAR 2020

First Annual Walking Challenge

- Affordable
- Easy
- Important
- Optimizes Health
- Uplifting
- YOLO, so BE WELL
- There WILL be prizes!

Check your work email for a message from Megan Caputo on 03/06/2020. There you will find a google doc with YOUR SCHOOL along the bottom tab. Simply choose your building and then sign up by logging your name in and your steps daily. The team/building with the most steps logged in the time period (listed below) will be the winner!! (it is perfectly ok for you to *want* this to be YOU! YOUR TEAM! WINNING! SHOW THE OTHER TEAMS WHO IS BOSS!)

Health Benefits of Walking

You carry your own body weight when you walk, this is known as “weight bearing”. Some benefits of this type of exercise include:

Increased heart & lung fitness

Reduced risk of heart disease & stroke

Improved management of high blood pressure, high cholesterol, bone & muscle stiffness and diabetes

Stronger bones & improved balance

Increased muscle strength & endurance

Reduced body fat

Possible boost in your mood & creativity

Possible reduction in stress & anxiety

Boosts your immune function

Increase levels of cortisol, epinephrine & norepinephrine (these are the hormones that help elevate energy levels)

A Word About The Prizes:

***Top Steppers from each school will be recognized.**

***Most Enthusiastic Employees will be recognized...so cheer each other on. Somebody is watching!!!**

***Winning Team will earn BRAGGING RIGHTS as well as a VIP Celebration & Photo Op.**



MARCH 15 through APRIL 15, 2020