

# Fillmore County Hospital



August 5<sup>th</sup> – September 15<sup>th</sup>

***The Fillmore County Hospital Healthy Happenings Employee Wellness Program would like to invite your organization to participate in the seventh annual Step It Up Challenge!***

## ***What is it?***

The Step It Up Challenge is a six-week voluntary team challenge. The employees in your organization will team up against employees in other local participating organizations. Each organization's team must have a minimum of 5 team members. Don't have enough to make a team? Organizations that do not have enough employees to make-up a team can join with another organization and share the entry fee. **Spouses & non-employees are welcome to join your team, however we ask that approximately 75% of your team be current employees.**

Those who wish to take part in the challenge will wear an **accurate** pedometer/tracker (approved list below), track their daily steps, and log them into a Step Log. Each participant's top 5 days will count towards the team's weekly total.

At the end of each week, an appointed team representative will collect team logs and turn them in to Jenni Hoarty. Team steps will be averaged (total team steps divided by the number of team members) and then compared to other teams' steps. The winning team will be announced upon completion of the program.

## ***Benefits of Participating***

Chances are most of your employees are not getting the recommended amount of daily physical activity. According to the CDC, 37% of adults report they are not physically active. Furthermore, only 3 in 10 adults get the recommended amount of physical activity (30+ minutes on five or more days a week).

Research has shown that companies who promote regular physical activity and a healthy workplace are likely to improve their organization in a number of different ways including reduced absenteeism and sick days, increased productivity, morale, and retention, lower healthcare costs, and much more!



Your employees benefit too! Employees who exercise regularly are not only more productive throughout the day, but they are happier, they feel more energetic and alert, have reduced stress and anxiety, and their overall health and well-being is more fulfilled.

## ***Incentives***

**Individual Rewards:** Each week there will be a drawing for a prize. A minimum of two winners will be drawn and announced at the end of each week. All names will be thrown out after each week's drawing. Individuals can get their name in the drawing up to 4 times each week by completing any or all of the following:

- Walk 10,000+ steps a day at least 4X in one week
- Get your spouse/significant other, child, or friend (non-team member) to exercise 30 minutes with you at least 1X that week
- Strength train at least one time that week
  - Performing exercises with any of the following equipment counts as strength training:
    - Free weights (dumbbells)
    - Strength training machines
    - Exercise bands
    - Your body weight
    - Other weighted equipment
- Weekly Mini Challenge – detailed on the weekly tracking logs

**Team Rewards:** The winning organization's team will receive championship t-shirts & the right to display the traveling Step It Up Challenge trophy for a whole year!

## ***How to Get Started***

1. Register your organization for the Step It Up Challenge and pay the entry fee.
  - All entry fee money will go towards incentives/prizes for participants and your organization's logo on the championship t-shirts.
2. Advertise the event and recruit employees within your organization to participate.
  - **Spouses and non-employees are also welcome to participate; however, a minimum of 75% of your team must be current employees of your organization.**
3. Appoint a team representative to help motivate employees, answer questions, and remind teammates to enter their weekly data on Challenge Runner.
4. Make sure all participating employees have an ACCURATE pedometer (approved list below) – you can choose to supply pedometers for your employees as an incentive or have your employees pay for them individually.
5. Have fun!



## Pedometers

It's very important for participants to wear an accurate pedometer. Unfortunately, some of the cheaper pedometers usually are not very accurate and are easily reset when they are bumped. **Using your phone as your step tracker is not acceptable. Please have an actual wearable pedometer or tracker!**

Below is a list of pedometers that we have found that work well and are reasonably priced. ***(Most activity trackers, such as FitBit, Apple Watch, Striiv, Garmin, Jawbone, etc. are preapproved.)***

If you have another pedometer that you feel is accurate, please contact Jenni Hoarty to get approved. The following sites are great for purchasing small as well as bulk orders.

- [www.amazon.com](http://www.amazon.com)
- <http://www.heartratemonitorsusa.com/hrm-pedo.html>
- <http://www.pedometersusa.com/high-accuracy-pedometer.html>



### Omron HJ325 - Alvita Ultimate Pedometer (Approximately \$25.00)

**Consumer Reports Rated #1 Pedometer!** Works in horizontally or vertically, steps, aerobic steps, distance, stride, calories, fat burned, 7 day memory, clock and automatic reset at midnight. It can be placed at the hip, in a pocket, purse, or clipped to a bag.



### Omron HJ-321 Pedometer (Approximately \$18.00)

Tracks steps, distance, stride, calories, memory and time. Counts steps accurately and quietly, whether positioned flat, vertically or horizontally. Perfect for 10,000 steps per day programs.



### OZO Fitness SC 3D Digital Pedometer (Approximately \$18.00)

Accurate digital sensor tracks your activity while Walking, Running or Jogging. Smart activity tracker resets to zero at midnight daily, has 30-day memory log to recall past day's performance with ease.



### Pedusa PE-771 Tri-Axis Multi-Function Pocket Pedometer (Approximately \$12.50)

The Pedusa PE771 Tri-Axis Accelerometer pedometer is a highly accurate, multifunction activity monitor offering Steps, Distance, Calories Burned, Active Time, 7 Day Memory and Target Goal Setting. Also, In order to recognize actual walking activity and eliminate False Step readings, The Tri-Axis sensor has a 10 steps filter. If you move less than 10 steps and take about 5 seconds no-motion break, previous 10 or less steps will not be counted.

## BETTER HEALTH...ONE STEP AT A TIME

**Please contact Jenni Hoarty with any questions or concerns.**

Email: [jhoarty@myfch.org](mailto:jhoarty@myfch.org) Phone: 402.759.3167





## Organization Registration Form

Please return this registration form ASAP to receive the event packet.

ORGANIZATION NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

CONTACT PERSON / TEAM REPRESENTATIVE: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

ORGANIZATION PARTICIPATION FEE:	< 20 PARTICIPATING EMPLOYEES	\$50.00
	≥ 20 PARTICIPATING EMPLOYEES	\$75.00

METHOD OF PAYMENT: ( ) Check ( ) Cash  
**MAKE CHECKS PAYABLE TO FILLMORE COUNTY HOSPITAL**

RETURN REGISTRATION FORM & PAYMENT TO:  
Fillmore County Hospital  
Attn: Jenni Hoarty  
1900 F Street  
Geneva, NE 68361

*Congratulations on making wellness a priority in your company and protecting your most valuable asset – your employees!*

