

2013 Annual Walk Across America Campaign

Campaign Dates: September 3rd – November 10th (last steps posted November 12th)

Please Submit your Registration Form to Janet Korsmo BY: **Thursday, August 29th**

GOAL:

We wish to promote a healthy lifestyle by getting active and relieving stress, encompassed in an atmosphere of friendly competition.

- To challenge participants to create a healthy exercise habit, going above and beyond their existing walking goals each week.
- To motivate and encourage team members to reach 10,000 daily steps by incorporating more walking into the work day.
- To be the FIRST team whose combined steps allow them to WALK ACROSS AMERICA using designated City "Check Points"

How to participate:

- **Are you OR have you been part of a team already?**
 - Give your name to your team captain, confirming your participation again this year and they will turn in a team registration form on your behalf.
- **Are you willing to be a "substitute walker"?** You may not be able to commit to the entire 10 weeks but are willing to participate to assist your team, should it have a member out for a long-term illness or injury that arises. You will still track your steps but you will only report, if you are needed as a substitute.
 - Advise your team captain and they will add you to the "**substitute walker**" section of the team of their Team email notification to me.
- **Are you a team captain with an existing team?** Do you have a team in mind already?
 - Talk to your group. Make sure all will participate in this campaign. Gather the names and submit an email to: janet.korsmo@csuci.edu with a list of your team members, including "substitute walkers" and provide your team name.
 - Don't forget to ask **some team members to participate as substitute walkers – should the need arise.** They will still track their own steps but will only report if needed as a substitute.
- **Are you able to motivate others but are not a part of a team yet?** Will you be willing to be a **team captain**?
 - Turn in an **Individual Participant Registration Form** & mark the "**Team Captain**" box on the form

Rules:

- Voluntary Participation.
- Report your numbers to your team captain BY 11 am on Monday morning, after each complete week of walking
- Vacations/Conferences are no reason to lose sight of your goal to stay active, even if there is a long car, plane or train ride involved. Wear your pedometer while you are traveling and hit the gym at your hotel or take the stairs instead of the elevator. Some days you may not be able to log as many steps as you would like to. That's ok! The goal is to have fun and stay active!
- Have fun! Be encouraging!