



EVERETT SCHOOL EMPLOYEE BENEFIT TRUST

employee **wellness** program
it begins with you



Walk your way to health join the ***EPS-Trail Challenge***

May 11-June 12

- **Join your colleagues throughout the district and walk four of our nation's scenic trails in four weeks.**
- Using your **FREE pedometer** you will set a goal to walk between 5,000 and 10,000 steps per day for 30 days.
- **Organize a team at your school!**

- Every week we'll be adding our miles as a district and tracking our progress along the trail of the week. You can go to this link "[Challenge Results](#)" to track the districts progress as we walk along these scenic trails.

EPS National Scenic Trails Walks

Week	Trail	Miles
Week One	Appalachian Trail	2,175 miles
Week Two	Pacific Coast Trail	2,650 miles
Week Three	Continental Divide Trail	3,100 miles
Week Four	North Country Trail	4,200 miles

- **Free Stainless Steel water bottles** will be awarded to the team participants from the top 2 schools **who post the most miles each week** (total mile averages will be calculated based on participation per school).
- **To register for this challenge** simply go to the [Course Registration System](#) and sign up. Once you sign up you'll receive your free pedometer.
- **Start logging your steps May 11th** at "[Submit Steps](#)", add your daily or weekly steps (your steps/mileage entered is completely anonymous but sorted by school/site). That's all there is to it.

Here are some ideas to help you succeed:

- ✓ **Organize a team at your school!**
- ✓ Help to **form a "walking club"** at your worksite
- ✓ **Get a walking buddy** and walk around the block at lunch or for a longer walk after school
- ✓ Go to [GMaps.com](#) to map out a walking route including miles walked near your home or school
- ✓ Learn more about how you can increase your daily steps, go to [The Walking Site](#)
- ✓ Resource to "[100 Ways to Add 2,000 Steps-A-Day](#)"