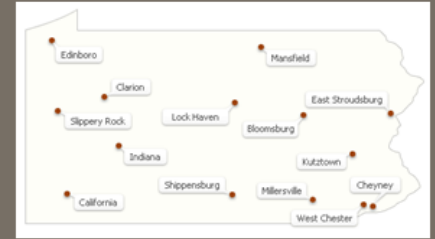




MANSFIELD UNIVERSITY
WELLNESS CHALLENGE FALL 2009
September 14 – November 22
*Join the **PASSHE Walk***



DO THE PASSHE WALK...Your team will “walk” (run, cycle, swim...) from Mansfield University to each of the sister institutions.

WHO CAN PARTICIPATE?

Faculty and Staff...
 everyone is encouraged to participate!

WHAT IS THE PASSHE WALK?

Your goal...to “walk” to all 14 PASSHE institutions! Your team will track miles and attempt to log enough miles over the 10 week period to reach every PASSHE institution. You don’t have to walk all of those miles; you can perform a variety of cardio activities and earn miles. A conversion chart will be provided that identifies how to convert various activities into miles. For example, complete a 45 minute aerobic dance class and earn 3 miles, attend a 30 minute Curves Workout and earn 2 miles....mix it up...you’ll never get bored and you continue to challenge your body by varying your workout!

The team approach is perfect for this challenge; maybe one team member loves to walk, another loves aerobics classes and another is a die-hard cyclist. Find a way to use this to your advantage and rack up those miles! Or if you have a group of people that need motivation, plan your activities together...anyone can walk!

Your normal daily activity counts too...strap on that pedometer when you get up in the morning and log the miles when you take if off at night; 2500 steps equals 1 mile...hopefully this will encourage you to walk down the hall and see a coworker rather than email!

If you want to make it to all 14 institutions you will need to log some significant “daily activity” miles as well as other walking activities. The total mileage to all 14 institutions is 2,547 miles. Divide that mileage over 10 weeks that equals 255 miles per week, divide that by 4 team members...that’s 64 miles a week or approximately 9 miles per day! Don’t worry, you will have opportunities to earn “extra miles” during the 10 week event so don’t let the # of miles overwhelm you!

HOW DO I PARTICIPATE?

First organize a team. Teams must consist of 4 team members; be creative come up with a great team name! Let us know if you don’t have a team...we will help match you up with other employees...what a great way to meet new people! **All participants will receive a free pedometer!**

Complete a registration form and return by September 11th. You can find the registration form on the HR home page under “What’s New in HR” “PASSHE WALK”; return the form via email to tfelondi@mansfield.edu or mail to Room 107 Alumni Hall.

The mileage chart & activity mileage conversion chart can be found on the HR home page under “PASSHE WALK”; track your “miles” from the activity list. If an activity is missing from the list let us know...we can convert almost anything to miles!

NEW THIS YEAR...track your team’s miles online and see what the competition is up to! CT has developed an online tracking tool that can be found on My.Mansfield (thanks to John Maslar and Kim Hulslander!). All teams will enter scores online; it is updated immediately so you will always know what the competition is doing! Once you register we will send you instructions on how to use this great new tool!

During the 10 week “Walk” you will receive weekly email tips and have the opportunity to participate in a variety of activities.

HOW DO I WIN PRIZES?

You will have lots of chances to win prizes as you “walk” to each PASSHE university. Just a few examples:

- All Teams who log weekly miles will be entered in a random drawing.
- Most creative team name....have some fun with this!!
- First team to reach various universities.
- Participate in PASSHE walk activities
- First team to walk to all 14 universities

.....**And More!!!**



It’s as easy as that! Take a look at the list of activities and sign up today!