



“Step-tember” Walking Program is Back By Popular Demand

The Wellness Walking program for Town employees is back!

The 10-week program runs from Sunday, September 14, 2014 through Saturday, November 22, 2014 and we are counting **minutes walked** not steps.

The goal is for participants to walk 3x/week for at least 15-minute blocks of time over the 8-week program and you must walk every week. We are not counting incidental walking while at work. This should be blocks of time devoted to walking outside of work hours. You might want to walk on your lunch break if the weather is nice! Employees will log their minutes through Employee Self-Serve.

**Raffle Prizes for participants include Fit Bit tracking bands!
Free long sleeve Road Race t-shirts for those who walk in the race!**

We are offering something new this year! As part of the walking program this Fall, anyone interested will meet at noon on Thursdays as a group and walk on the lunch hour and cover different routes in the downtown area. Our goal is to have a group of employees walk the **Manchester Road Race** on Thanksgiving Day! Just prior to the road race, we will walk the race route on a Saturday morning as part of our preparation! This is an optional part of the program.

We will kick off our program with a Lunch and Learn on Thursday, September 18, 2014 at 12:00 noon in the Manchester Room of Town Hall. Our speaker will be Pat Zaremski, Physical Therapist with ECHN. She will share tips on walking safely and proper footwear.

Please call Human Resources at x3126 by September 12, 2014 to register and order your lunch. Once you register we will give you your password to log in to the on-line wellness walking program to log your time.

We hope you join us!