



# Wellness Community Challenge

## May 13th to June 9th

### 2019 WPH WALKING CHALLENGE

Spring is finally here so it's time for our **7<sup>th</sup> annual WPH ExSteptional Challenge**. Help to spread the word to all your co-workers to help make this year one of the best challenges ever!

Join up with their old teammates again, form a new team, or get additional teams in your work area to join in the fun and compete against one another in friendly competition!



- Teams from WPH and the community will again be competing against each other for bragging rights to see who can walk the most steps!
- You will also have an opportunity to earn **BONUS steps** for your team by participating in the May 5th "Answer to Cancer" 5K event that will benefit the WPH Center for Cancer Center (steps will be awarded by list of participants).
- A wrist worn pedometer will be available to participants.
- Easy access for team registration and weekly step entering on the ExSteptional Challenge website

Form a team of five (5). Have your team safely accumulate as many steps as you can during the challenge. The community and hospital team with the highest number of total steps at the end of the challenge wins!

Individual trophies and great prizes will be awarded to the top walking individuals and teams in both the community and the hospital.



### REGISTER YOUR TEAM (CAPTAINS)

1. Go to [www.wphospital.org](http://www.wphospital.org)
2. Scroll to the bottom of the page to "About" and click on ExSteptional link
3. Enter the information
4. Register your team members

### COMMUNITY PEDOMETER PICK UP

- WPH at 41 East Post Road - week of May 6th to May 10th  
- Pickup in main hospital lobby, Monday to Friday 8am to 5pm



### WPH EMPLOYEE PEDOMETER PICK UP

- Occupational Health - week of May 6th to May 10th  
- Pickup Monday to Friday from 7am to 5pm
- 101 East Post Road - week of May 6th to May 10th  
- Pickup in HR on 2nd Floor, Monday to Friday 8:30am to 4:30pm