Juniata College Walking Challenge
Guidelines

1. Sign up beginning May 1 through July 2006, by reading and signing the Juniata College Walking Challenge Agreement form available on the Wellness Page of HR’s website. If you are unable to find the form, contact a member of the Wellness Committee and we will get you one.

2. Each month complete the mileage sheets to keep an honest and accurate track of the miles you walk/run. (The elliptical machine or treadmill found at most fitness centers may also be recorded for mileage). At the end of each month, return your mileage sheet to Cady Kyle in the Human Resource Office. Be sure to total the number of miles walked on the mileage log. The committee will then tabulate and post the TOTAL number of Juniata College miles walked.

3. Incentives will be awarded to the first person to reach the following mile markers: 20, 40, 60, 80, and 100 miles with a prize for the most miles walked as well. When you reach any of the identified mileage goals, email Cady Kyle. Keep in mind that we can only reward the FIRST person to email us. However, one person can only “win” twice with the second success being the first to reach 100 miles.

4. You may walk at home, at work on a break approved by your supervisor or anywhere else you choose. The walking mileage you record will be done for the purpose of exercise and leisure (even though some of us walk a lot while we are working).

5. The kick-off walk is scheduled for Thursday, May 4. We will meet at the South Hall Parking lot and leave campus at 11:30 am to walk JC Blair Campus, where we will meet and join JC Blair in the opening lap of their walk. The walk is intended as a way to kick off the program. The kick-off walk will not be required but would make for friendly competition and aid in finding walking partners who will keep you motivated!

6. If you find yourself having any physical difficulties or concerns while you are walking, please consult your physician before continuing the program.

This program is designed to be a fun and motivational way to get more active in your health. Any feedback on the program is appreciated.

Thank you, The Juniata College Wellness Committee:
Joan Engle       Darwin Kysor       Diane Ross
Dave Fusco       Cady Kyle         Gail Ulrich
Joanne Henney    Jim Latten        Barb Williams
Deb Kirchhof-Glazier Wanda Lightner Beth Williams
Joanne Krugh     Connie Peters