


 BEGINS
OCT. 1

WALKTOBER

— STRIDES TO BETTER HEALTH —

Take steps towards *better health* by walking more this month.

WALKTOBER is a 4-week walking campaign that begins October 1.

WALKTOBER is a 4-week walking campaign with the goal of increasing your steps throughout the month of October.

Participate as a team of 4 or individually. Each participant will track individual steps using a FREE LIVESMART issued pedometer or other fitness tracking device. Log your steps online using the LIVESMART portal or submit your completed paper tracker to your on-site Ambassador by November 3 to receive campaign credit and a completion prize.

Complete the Thrive Challenge (optional - see page 3) to be entered into the prize drawing.

LET'S GET STARTED!

1

REGISTER ONLINE OR ON-SITE

Register online at www.livesmartoni.com/walktober or with your on-site LIVESMART Ambassador by September 30.

2

PICK UP YOUR MATERIALS

Pick up your Participant Guide with paper tracker and FREE Pedometer from your on-site Ambassador.

3

TRACK YOUR STEPS

Record your daily steps and weekly Thrive Challenge (optional) in the LIVESMART portal or on your paper tracking log. Aim to increase your daily steps throughout the campaign with the goal of 10,000 steps per day.

4

SUBMIT YOUR TRACKER

PORTAL/APP: Track 4 weeks in the LIVESMART portal by November 3. No other submission required.

PAPER TRACKER: Submit a copy of your paper tracker to your on-site LIVESMART Ambassador by November 3.

INDIVIDUAL PAPER TRACKER

If you are not using the LIVESMART portal or app, record your steps using the paper tracker below. Turn in a copy of your completed paper tracker to your on-site LIVESMART Ambassador by November 3. See the chart on page 3 to convert miles or other activities to steps.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY STEP TOTAL
						1 steps: _____	
2 steps: _____	3 steps: _____	4 steps: _____	5 steps: _____	6 steps: _____	7 steps: _____	8 steps: _____	
9 steps: _____	10 steps: _____	11 steps: _____	12 steps: _____	13 steps: _____	14 steps: _____	15 steps: _____	
16 steps: _____	17 steps: _____	18 steps: _____	19 steps: _____	20 steps: _____	21 steps: _____	22 steps: _____	
23 steps: _____	24 steps: _____	25 steps: _____	26 steps: _____	27 steps: _____	28 steps: _____	29 steps: _____	

THRIVE CHALLENGE (optional)

Check the box for each activity you complete with the goal of completing 3 each week

1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>

NAME: (print clearly)

COMPANY/LOCATION:

Employee

Spouse

How will you stay active this winter?

MY GRAND TOTAL:

STEPS: _____



THRIVE CHALLENGE (OPTIONAL)

Complete the thrive challenge actions to increase your steps and to gain an appreciation for your surroundings. Choose 3 actions to complete each week and mark on your WALKTOBER tracker. Take pictures along the way and submit to LIVESMART for extra prize drawing entries (1 entry per photo).

WEEK 1 AROUND THE HOUSE

- Walk with your pet
- Walk with your kids or grandkids
- Walk after you eat
- Walk to the mailbox
- Spend 30 minutes walking doing housework or yard work
- Take a walk break for 10 minutes or more
- Other _____

WEEK 2 AT WORK

- Walk with a co-worker outside of your work location
- Walk during lunch or other break
- Take a walk at work and snap a picture in front of your company's sign
- Take a walk when you are feeling stressed
- Park at the back of the parking lot
- Walk while on a phone call or have a walking meeting
- Other _____

WEEK 3 IN THE NEIGHBORHOOD

- Take a walk around your neighborhood in one of your LIVESMART shirts and snap a picture
- Start and end your day with a walk
- Walk for 30 minutes or more for fitness
- Walk to pick up litter
- Take a new route on your walk
- Take a walk at sunrise
- Other _____

WEEK 4 AROUND YOUR CITY

- Walk a new path or hike a new trail
- Walk next to a body of water
- Walk to a place you would normally drive
- Walk over a bridge
- Walk 10,000 steps in one day
- Walk to a photo-worthy spot and take a picture
- Other _____

PLAN TO STAY ACTIVE Complete the pledge on your tracker with how you will stay active this winter

ESTIMATED STEPS IN EXERCISE

<p>MODERATE ACTIVITIES 30 MINUTES</p>	<ul style="list-style-type: none"> • Basketball (leisure) - 4100 • Bicycling (<10 mph) - 3600 • Bowling - 2730 • Dancing - 2700 • Gardening - 3600 • Golf (walking) - 4100 • Horseback Riding - 3600 • Stretching/Yoga - 2300 • Swimming Laps (leisure) - 5500 • Walking (3.5 mph) - 3500 • Water Aerobics - 3600 • Weight Lifting - 3600
<p>VIGOROUS ACTIVITIES 30 MINUTES</p>	<ul style="list-style-type: none"> • Basketball Game - 7300 • Bicycling (>10 mph) - 10900 • Dancing (Fast) - 5000 • Heavy Yard Work - 4500 • Running Jogging (5 mph) - 7300 • Swimming Laps - 9100 • Walking (4.0 mph) - 4500 • Weight Lifting - 5500
<p>STEPS PER MILE</p>	<p>MEN: 2,000 steps = 1 mile WOMEN: 2,400 steps = 1 mile AVERAGE PACE: 15 minutes = 1 mile</p> <p><small>Source: America on the Move These are estimated steps. For additional activities and step calculations, please visit: www.livesmartoni.com/walktober.</small></p>

PREFERRED TRACKING OPTION

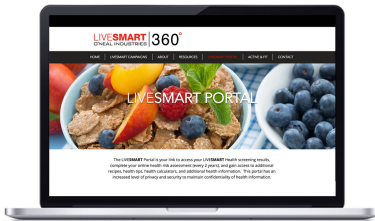
LIVSMART PORTAL TRACKING

WEBSITE AND APP AVAILABLE

Track your physical activity, set fitness goals, and see your ongoing progress!

STEP 1: LOGIN TO YOUR ACCOUNT

Create an account on the LIVSMART Portal.



- Visit www.livesmartoni.com/livesmart-portal and click “Portal”
- If you have never visited the portal before, complete the registration steps:
 - Enter your username in the format below:
 - Employees: First Name_Last Name_Year of Birth (XXXX)
 - Spouses: Use your spouse’s username with a “-s” at the end
 - Click Register and complete the prompts to register your account
- If you have an existing account, enter your username and password and click “Login”

STEP 2: START TRACKING

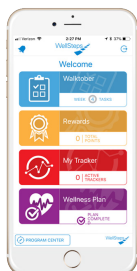


- On October 1st, the WALKTOBER campaign will open up in the campaigns tab of your portal
- You may start tracking in the portal by manually entering your steps or you can sync a fitness tracking device to have it automatically update (see step 3 for instructions)

STEP 3: DOWNLOAD THE APP & SYNC YOUR FITNESS TRACKING DEVICE (OPTIONAL)



- You can download the LIVSMART Portal app on your smartphone to track your activity on the go.
- Go to your app store and search for “Wellsteps” and download the app.
- Use the same log-in credentials as you would on the desktop version.
- Sync your fitness tracking device to the app to start tracking! For complete instructions on syncing your wearable tracker, visit www.livesmartoni.com/walktober



STEP 4: KEEP GOING!

- Once you register, visit the website or app every day and record your activity. Complete 4 weeks of tracking for campaign credit.