

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. 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 a completed paper tracker to your on-site Ambassador by November 8 to receive campaign credit and a completion prize. **Complete the Amazing ONI Race** (optional) by using the map on page 3 to walk around the country visiting cities with ONI affiliate locations.

LET'S GET STARTED!

1

PICK UP YOUR MATERIALS

Pick up your Participant Guide with paper tracker and FREE Pedometer and begin tracking your steps on October 1.

2

TRACK YOUR STEPS

Record your daily steps in the LIVESMART portal or on your paper tracking log.

3

AMAZING ONI RACE (optional)

Use the map included in this guide to walk around the country visiting cities with ONI affiliate locations. See page 3 for more information.

4


SUBMIT YOUR TRACKER

PORTAL/APP: Track 4 weeks in the LIVESMART portal by November 8. No other submission required.

PAPER TRACKER: Submit a copy of your paper tracker to your on-site LIVESMART Ambassador by November 8.

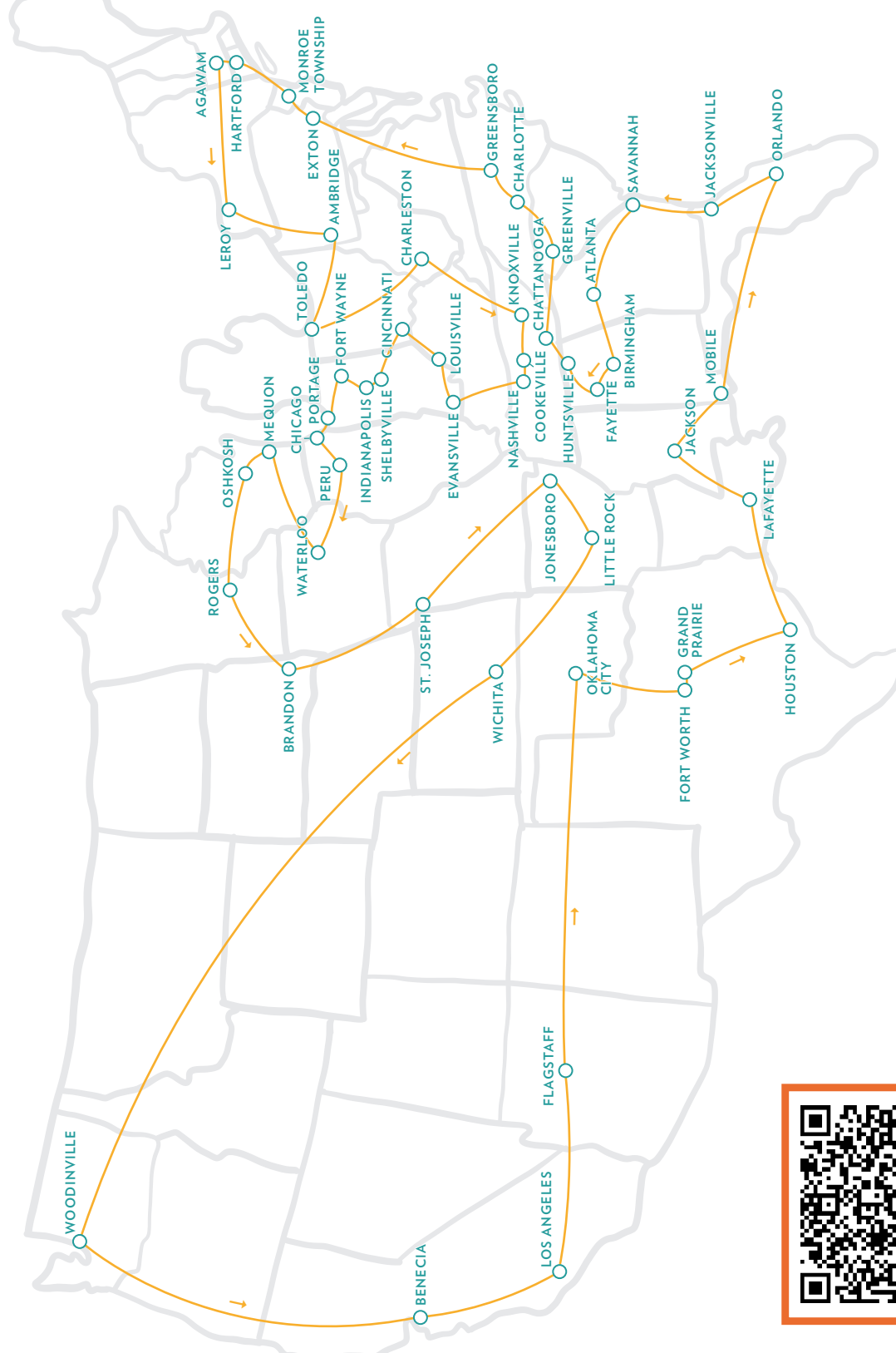
INDIVIDUAL PAPER TRACKER

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 8. See the chart on page 4 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: _____	30 steps: _____	31 steps: _____					_____
						MY GRAND TOTAL:	
NAME: (print clearly)		<input type="checkbox"/> Employee <input type="checkbox"/> Spouse		How will you stay active this winter? 		STEPS: _____	
COMPANY/ LOCATION:							

THE AMAZING "ONI" RACE

Start the race in your city and follow the map around as you walk throughout the month. When you return to your home city, use the QR code at the bottom of the page or visit www.livesmartoni.com/walktober to submit your race completion. There will be prizes for the first ten participants to complete the race and for the first three race completers from each company. See the "Frequently Asked Questions" for more information.



SCAN THE CODE

or visit www.livesmartoni.com/walktober to record your race completion!



USA CITIES	STEPS TO NEXT STOP
BIRMINGHAM, AL	2000
FAYETTE, AL	2500
HUNTSVILLE, AL	3000
CHATTANOOGA, TN	6000
GREENVILLE, SC	2500
CHARLOTTE, NC	2000
GREENSBORO, NC	11000
EXTON, PA	2000
MONROE TOWNSHIP, NJ	4000
HARTFORD, CT	500
AGAWAM, MA	7500
LEROY, NY	6000
AMBRIDGE, PA	5000
TOLEDO, OH	6500
CHARLESTON, WV	7000
KNOXVILLE, TN	3000
COOKEVILLE, TN	2000
NASHVILLE, TN	4000
EVANSVILLE, IN	3000
LOUISVILLE, KY	2500
CINCINNATI, OH	2000
SHELBYVILLE, IN	500
INDIANAPOLIS, IN	3000
FORT WAYNE, IN	3000
PORTAGE, IN	1000
CHICAGO, IL	3000
PERU, IL	5000
WATERLOO, IA	6500
MEQUON, WI	2000
OSHKOSH, WI	7000
ROGERS, MN	6000
BRANDON, SD	7500
ST. JOSEPH, MO	10000
JONESBORO, AR	3000
LITTLE ROCK, AR	11000
WICHITA, KS	42000
WOODINVILLE, WA	18000
BENECIA, CA	9000
LOS ANGELES, CA	11000
FLAGSTAFF, AZ	20000
OKLAHOMA CITY, OK	5000
FORT WORTH, TX	500
GRAND PRAIRIE, TX	6000
HOUSTON, TX	5000
LAFAYETTE, LA	10000
JACKSON, MS	4000
MOBILE, AL	12000
ORLANDO, FL	3000
JACKSONVILLE, FL	3000
SAVANNAH, GA	3000
ATLANTA, GA	6000
TOTAL	310,000

LIVSMART PORTAL TRACKING

WEBSITE AND APP AVAILABLE

PREFERRED TRACKING OPTION

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

LOGIN TO YOUR ACCOUNT *Create an account on the LIVSMART Portal.*

STEP 1

- 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”



START TRACKING

STEP 2

- 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)



DOWNLOAD THE APP & SYNC | YOUR FITNESS TRACKING DEVICE (OPTIONAL)

STEP 3

- 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



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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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><i>Source: America on the Move These are estimated steps. For additional activities and step calculations, please visit: www.livesmartoni.com/walktober.</i></p>	