



# Take steps toward a healthier you



## Take the challenge

We're challenging you to step up to better health! Experts say that adults should take 10,000 steps and get 30 minutes of exercise every day. Walking is one of the best ways to do that, so let's get moving!

Over the next five weeks, make exercise a priority. Go for a morning walk, lap the building during lunch, or hold walking meeting. Every step counts!

## Earn extra steps

- 2,000 > Take a health assessment. Log in to myModa and click on Momentum to get started.
- 2,000 > Complete weekly health activities. (2,000 steps each)
- 4,000 > Join a walk or run for charity.

## What you'll gain

Getting physical can give you lots of benefits, including:

- > More energy
- > A healthy weight
- > Less stress
- > A healthier heart and lungs

## How to participate

- > Grab some colleagues and form a team of six.
- > Choose a team captain and name.
- > Use your pedometer to count and record your steps for five weeks.
- > Convert other activities to steps using the Step Converter.
- > Report your steps to your team captain every week.

Moda Health offers free, one-on-one health coaching to help you get active and make other healthy lifestyle choices. Call 877-277-7281 (TTY users, dial 711), or email [careprograms@modahealth.com](mailto:careprograms@modahealth.com).

