

Participant Information

Lets go Bemidji!

Thank you for joining the Go 100 for Health Challenge!



Goal for the Community: Like last year, we would like to challenge the community to accumulate 100,000 miles of activity. To help you and your team reach your individual & team goals, we've included the following information:

- **Walking Maps:** These maps will help guide you through the city of Bemidji as well as different walking courses around the Bemidji area.
- **Calendar:** Throughout the challenge, you will need to track your "miles of activity" and report them to your team captain each week. This calendar may help you with the tracking process.
- **Calendar of Events:** Each week throughout the challenge, a group walk event will be held at various locations for you and/or your team to participate in. Our Calendar of events will provide you with the location of each walk.

Track your miles and be the team to walk the most average miles in 100 days!

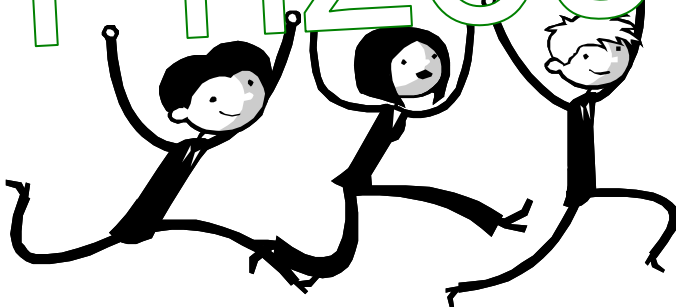
Keep track of your weekly miles individually and turn them into your team captain each weekend (weeks run from Sunday – Saturday). Every Monday, your team captain will be responsible for submitting your previous weeks total team miles by logging on to the Challenge Website. Miles should be submitted every Monday in order to be eligible for prizes. Miles can be earned not only walking, jogging, cycling, rollerblading and swimming, but also by lifting weights and taking exercise classes too! Everything counts! If you aren't sure how many miles you have exercised, use the Exercise Conversion Chart to approximate miles based on time of activity.



We need your help. You are our contact person during the challenge, and your team motivator! Throughout the challenge, help your teammates stay active! As a team, you may want to purchase team T-shirts or wear matching colors to each walk. Be creative! Each week, we will be sending out informational newsletters – please pass these, along with any other information we send, you to your teammates. **Remember** to gather your team totals and submit them online! Good luck to you and your team!

Reminder: Be sure to sign up individually on www.kkbj.com, www.wbji.com, or www.wmisfm.com. Just click on the "Go 100 for Health" logo!

Prizes!



Prizes will be drawn weekly for individual participants of the walking events.

There will also be a **GRAND** prize drawing at the end of the challenge for all participating teams. Get your name in the drawing each time you attend a walking event!

Questions or concerns? Contact Sarah Lehman or Tanya Budreau @ MeritCare Health & Wellness: 333-5047 or bemidji.wellness@meritcare.com