



**EXERCISE CHALLENGE FOR HEALTHY ORGANIZATIONS:
ARCHDALE-TRINITY WORKPLACES**

Step it up! October 23 through November 19, 2017

Chamber Member Companies will be offered the opportunity to participate in a Step-challenge

- **Duration of event: October 23 - November 19, 2017**
- There is no cost to participate
- Participating companies will select a Team Captain who will report steps weekly to the chamber staff (Week: Friday -Thursday)
- 1st, 2nd, & 3rd place companies and 1st, 2nd, & 3rd place individuals will be recognized! The winning companies will be the employers with the highest average steps per participant reported on the registration form
- The winning 1st place company will have name placed on Challenge plaque and have right to display at company until next annual event. Company will be recognized in an ad in AT News
- All Participants will be awarded a small prize (coupon for healthy food)
- Companies should register by October 23, either by sending registration form to Chamber or delivering at Kick-off event
- Program will kick-off with walk at Creekside Park on October 23
- Program will conclude with an Awards Ceremony on November 28
- Chamber members will be given opportunity to sponsor event and be recognized with defined benefits

Details

Kick-off event: October 23, 11:30-12:30pm at Creekside Park. Participants do not have to attend the Kick-off to be eligible, but they must be registered on a company-submitted form by that date. A healthy snack will be provided. The first 50 participants at the Kick-off will be given a pedometer, donated by Randolph Hospital/CHC Better Care.

Awards Ceremony: November 28, 11:30-12:30pm at Guil-Rand Fire Department. A healthy lunch will be provided.

ARCHDALE-TRINITY
CHAMBER OF COMMERCE

