



50,000 MINUTES
WALKTOBER
CHALLENGE

October 2020

Set an example for healthy living this month when you get your healthy habits in motion.

BE ACTIVE
live healthy

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live healthy

50,000 MINUTES

WALKTOBER

CHALLENGE

Name _____

Department _____

October 2020

Day	Date	Exercise	Minutes
Thursday	1		
Friday	2		
Saturday	3		
Sunday	4		
Monday	5		
Tuesday	6		
Wednesday	7		
Thursday	8		
Friday	9		
Saturday	10		
Sunday	11		
Monday	12		
Tuesday	13		
Wednesday	14		
Thursday	15		
Friday	16		
Saturday	17		
Sunday	18		
Monday	19		
Tuesday	20		
Wednesday	21		
Thursday	22		
Friday	23		
Saturday	24		
Sunday	25		
Monday	26		
Sunday	27		
Wednesday	28		
Thursday	29		
Friday	30		
Saturday	31		
Total For Month			

Join the Challenge!

Did you know? Just 30 minutes of walking every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers.

However the top benefit of being active may be the improvement to mental health.

Working in a healthcare environment can be stressful. Walking has been shown to modify your nervous system to better manage emotions like anger and hostility. If you walk outside during the cooler months, the extra jolt of vitamin D from the sun can also reduce seasonal depression spikes. It's a win-win-win!

THE CHALLENGE

Celebrate Walktober by joining the challenge for NMC employees to walk a collective 50,000 minutes during October. The goal is for participants to walk (or do intentional exercise) for at least 30 minutes a day, five days a week.

- Keep track of your exercises and minutes each day using the tracking sheet.
- Report your minutes of activity on the NMC tracker and help us reach our organization goal of 50,000 minutes. Click the tracker below or find it on the Pulse.

50,000 Steps Tracker

Turn in your tracking sheet by Friday, November 6, and get entered to win one of three \$25 gift cards to Dillons.

Send your tracking sheet to:

Shelly Conrady, Marketing at shelly.conrady@newtonmed.com



LIVE healthy

NMC Health. Walking the Walk.