

**POLK COUNTY
WELLNESS
COMMITTEE
PRESENTS:**



walk
**TO
BETTER
HEALTH**

May 6-20

Departmental Competition

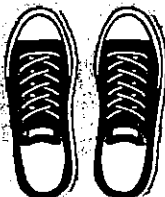
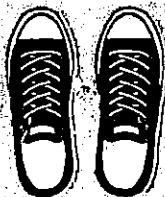
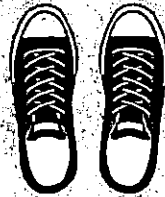
Walk a minimum of 30 minutes per day,
log it and turn in to Nicole in Purchasing
on May 21st. Employee that logs the
most walking time in each department
will win!



For the health benefits, you should try to walk briskly for at least 30 minutes on most days of the week. A brisk 10-minute daily walk can count towards your 150 minutes of weekly exercise, as recommended in the physical activity guidelines for adults aged 19 to 64.

Benefits of Walking Daily:

- Improved cardiovascular health: Walking can reduce the risk of stroke and heart disease, and improve cardiovascular fitness
- Weight management: Walking can help you lose weight and maintain a healthy weight
- Stronger bones: Walking can help strengthen bones and improve balance
- Increased muscle strength: Walking can help increase muscle strength and endurance, and tone leg, abdominal, and arm muscles
- Improved mood: Walking can help improve your mood, cognition, and memory
- Reduced stress: Walking can help reduce stress
- Reduced premiums/deductibles for the county as preventative health is increased and emergency services are decreased



Rules for Participating

Must Walk and Log a minimum of 30 minutes **each** day of competition to be eligible

Must turn in log by 2pm on May 21, 2024

