



Don't just stand around looking cute this winter. . .

GET ACTIVE!

# Walking Through the Winter Incentive Program

Program starts  
November 1, 2009

Ends  
March 31, 2010

**Walk**  
**Jog**  
**Run**



**Stay healthy through the holidays and the cold Michigan winter!**



## Program Information

To enter the program you will need to sign a commitment form, track your mileage and turn it in to receive your incentive.

It doesn't matter if you do only 50 miles or over 300 during the 5 months to earn incentives.

This program is encouraging continuous physical activity outside of our daily routine so you can track miles that are not part of your normal steps taken.

To get the most cardiovascular health benefits you will need to have continuous walking, jogging, or running not just steps walked while shopping or working etc.

*This program is open to Tribal community members and employees.*  
You can sign up in the Nimkee Fitness Center at any time during this program.



## Incentives

50 Miles  
100 Miles  
150 Miles  
200 Miles  
250 Miles  
300 Miles

Pedometer  
Water Bottle  
T-Shirt  
Gym Bag  
\$15 Gift Card to Subway  
\$25 SECR Gift Card



Get a jump start on your New Year's Resolution!

If you have questions please contact Leah at [lmarkel@sagchip.org](mailto:lmarkel@sagchip.org) or call 775-4639 or contact Diane at [dfaix@sagchip.org](mailto:dfaix@sagchip.org) or call 775-4691.