



MAYFLOWER MUNICIPAL HEALTH GROUP

2014 SPRING WALKING CHALLENGE

APRIL 7– MAY 19, 2014

Get Moving. WalkingWorks is a 6 week walking program with user friendly online tracking that helps you set goals and view your progress. It's easy to sign up and easy to use.

Challenge your Coworkers & Spouse. All employees, retirees and spouses of MMHG member units are eligible to participate in the program.

Win Cool Prizes. All participants who register for the challenge will be entered in the weekly raffles and grand prize raffles.

Get Motivated. We'll send you weekly emails with new challenges and walking tips to help keep you on track. Have fun while you track your team's progress and "compete" with other MMHG member units! Join MMHG Wellness on Facebook and Twitter for more encouragement and wellness information.

Get Healthy. Every journey begins with a single step. Start your journey to better health right now by signing up for the MMHG 2014 Spring Walking Challenge!

Remember to check with your doctor before beginning any exercise program.

Sign up now to be eligible to win prizes!

Register by April 4th and you could win 1 of 10 MMHG Insulated Lunch Bags!

Weekly Raffles:

April 14th- 2 \$15 Stop and Shop gift cards
April 21st- 2 \$15 Target gift cards
April 28th- 2 \$15 Stop and Shop gift cards
May 5th- 3 \$15 Target gift cards
May 12th - 3 \$15 Stop and Shop gift cards

Grand Prize Raffles (May 21st):

iPod Shuffle
2 Omron HJ-112 Premium Pedometers
4 \$25 Trader Joe's gift cards
4 \$15 Trader Joe's gift cards

All registered participants in the MMHG Spring Walking Challenge are eligible to win prizes in all weekly raffles and the grand prize raffles. Grand prize raffles to be held on May 21, 2014.

**Learn more about MMHG Wellness at www.mmhg.org
Like us on Facebook & Follow us on Twitter**

How to Sign Up:

The WalkingWorks website has been redesigned and updated with great new features! If you have participated in previous MMHG walking challenges you must register again and create a new profile.

- ~Go to: www.walkingworks.com and click "Register Now"
- ~A window will appear to fill in your personal information. Fill out the registration form with your email, name, and work zip code.
- ~Select "Massachusetts, Blue Cross and Blue Shield" for your Plan (you do not need to be enrolled in Blue Cross and Blue Shield to participate)
- ~Select "Mayflower Municipal Health Group" for your Group and "2014 Spring Walking Challenge" for your Program
- ~Select your "Town or Governmental Unit" for your Team
- ~Choose and confirm a password
- ~Choose a participation level
- ~Click "update profile"

You will receive a confirmation email that you have registered successfully. If you are having problems registering or have questions send us an email at wellness@mmhg.org.