

‘Falcon Employee Fitness’

To help encourage all of us to incorporate activity and/or exercise into our daily routine, we are organizing a 10-week wellness program for Messiah employees that we’re calling ‘Falcon Employee Fitness’. Participants will record their minutes of exercise (NOT MILES!) on an online tracking program called Walking Works. It only takes a few seconds to record your activity. This can be done each day, or at any convenient time throughout each week. The program will begin on Feb. 5 and run through April 15. You can register immediately but will not be able to begin recording your activity until Feb. 5.

Employees who prefer to simply record their steps (from a pedometer) rather than their minutes of exercise can do that. The program will automatically convert your steps to minutes (2000 steps = 15 minutes). Free pedometers are available by emailing Doug Miller at dmiller@messiah.edu. Any physical activity that gets the body moving counts, but only certain activities actually appear on the drop-down menu. If your activity is not there, just choose the one that best fits the activity. It doesn’t matter if the activity doesn’t match what you did as long as the minutes of exercise are accurately recorded.

For those who registered for and/or participated in the physical activity tracking program in the fall, simply select ‘edit profile’ in the upper right hand corner of your Walking Works page. Then select ‘Falcon Employee Fitness’ for both the program and the team name and you are registered! If you did not register in the fall, then follow these steps:

To register, go to www.walkingworks.com and follow the steps below:

- On the home page, click *Register Now!*
- Select Your Plan—*Pennsylvania- Capital Blue Cross*
- Select Your Group—*Messiah College*
- Select Your Program—*Falcon Employee Fitness*
- Select Your Team—*Falcon Employee Fitness*
- Fill in the remaining information and click *Update Profile*

Participants who accumulate 1000 minutes of exercise during the 10-week program, AND faithfully log their workouts throughout the program, will receive a valuable gift card.