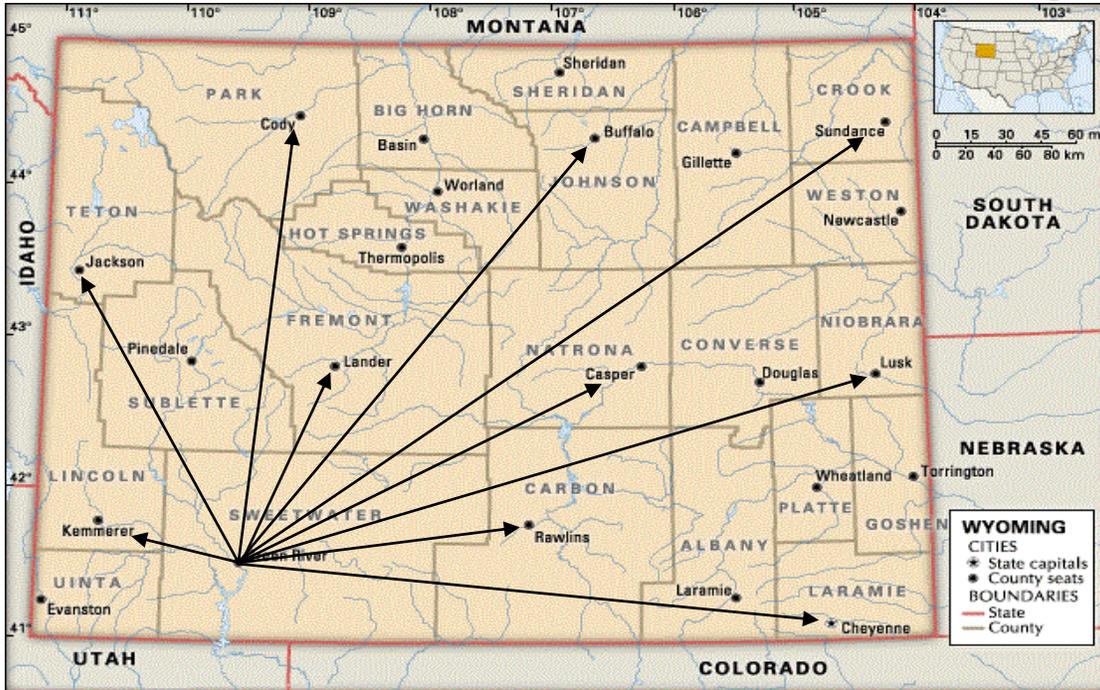


# Walk Across Wyoming



**Begins:** September 14, 2016  
**Ends:** no deadline

Register with Katie Blood at the Green River Recreation Center. Turn in your steps calendar to your department wellness chair. Start over at zero at NO additional charge to work towards another city.

Walk All 10 Cities  
 receive  
 Mug, Side Bag, & Excellence Pin

## CITY OF GREEN RIVER

### 2016-2017 "WALK ACROSS WYOMING" WELLNESS PROGRAM

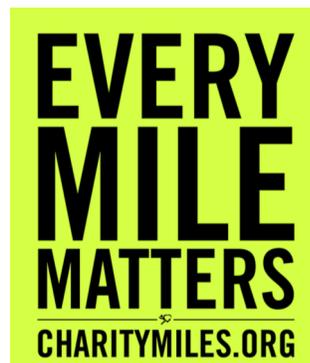
The Wellness Committee would like to encourage City of Green River employees and families to join in on our NEW walking program. Sign-up and register for a t-shirt or hoodie. Employees should record their steps on the calendar attached. As you reach each city; turn in your form to receive the listed prize (below) next to that city. Then, start over at zero and work your way to another city. COLLECT THEM ALL!!

- \$10.00 Walk Across Wyoming T-Shirt (S-XL)
- \$12.00 Walk Across Wyoming T-Shirt (2XL)
- \$14.00 Walk Across Wyoming T-Shirt (3XL)
- \$27.00 Walk Across Wyoming Sweatshirt (S-XL)
- \$29.00 Walk Across Wyoming Sweatshirt (2XL)
- \$31.00 Walk Across Wyoming Sweatshirt (3XL)

Family is welcome and encouraged to participate as well!!

to Kemmerer	81.4 mi/171,916 steps	GR Folder & Notepad
to Lander	130.1 mi/274,771 steps	GR Paper Stands
to Rawlins	169.6 mi/358,195 steps	ID Tag Clasp w/Line
to Jackson	187.1 mi/395,155 steps	Old City Logo Pin
to Casper	236.5 mi/499,488 steps	New City Logo Pin
to Cheyenne	273.7 mi/578,054 steps	GR Scenic Pin
to Cody	294.2 mi/621,350 steps	"Until They All Come Home" Pin
to Lusk	345.0 mi/728,640 steps	US/WY Flag Pin
to Buffalo	352.6 mi/744,691 steps	GR Playing Cards
to Sundance	484.1 mi/1,022,419 steps	Draw String GR Bag, Sticker & Balloon

Activity	Samples and Conversion
Light	Walking, Wii Bowling, Car Washing, Fishing, Golfing, Tai Chi, Water Aerobics, Housework, Shopping...ETC. 30 Minutes = 1 Mile = 2,112 Steps
Moderate	Gardening, Softball, Dancing, Swimming, Tennis, Yard Work, Horseback Riding, Bicycling (leisure)...ETC. 30 Minutes = 2 Mile = 4,224 Steps
Vigorous	Basketball, Chopping Wood, Running, Circuit Training, Zumba, Bicycling (racing)...ETC. 30 Minutes = 3 Mile = 6,336 Steps



### Charity Miles

This is a FREE application on your phone that you can use while Biking Outdoor, Walking/Running Indoors, and Walking/Running Outdoors. For every mile you track a pre-determined company will donate \$0.10. It may not seem like much but it adds up. Join the team "CityOfGreenRiverEmployees" to see how you compare to other City Employees. Choose from 40 different charity's to donate your miles. You pay nothing!

# Track it!

Example: Fill-in the month and the coinciding days of the month in the left side of each box. In the right side of the box, fill-in how many steps you walked that day. Total is the collective steps for that month. Turn into your wellness committee representative. Need more calendars? Just ask.

Date
1
10,000
Steps

Don't forget to download the FREE Charity Miles app and join the "CityofGreenRiverEmployees" team to get a sponsoring company (pre-set) to donate to a charity of your choice for every mile you walk! You pay nothing!

Month				Total		
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Name \_\_\_\_\_

Total \_\_\_\_\_