



## THE VEBA HEALTH AND FITNESS CHALLENGE

### GET WALKING, GET HEALTHY, WITH THE VEBA WALKING CHALLENGE

#### “THE GREAT SAN DIEGO WALK ABOUT”

The VEBA Advocacy Programs is excited to assist you in your efforts to improve your health and well-being through its Health and Fitness Challenge Series. We are pleased to introduce “The Great San Diego Walk About”, just one in a series of VEBA Health and Fitness Challenge programs. This is a fun, voluntary walking program available to all employees of Southern California Schools VEBA districts and associations.

This walking challenge will motivate you to increase your physical activity over the course of eight weeks, and hopefully for a lifetime. Participants will be able to earn prizes for reaching periodic “virtual destinations” in San Diego County. You can even form walking groups to make the Walking Challenge especially fun for you and your co-workers.

*Individualized services from health coaches and/or additional prizes and online resources will also be available to employees who are enrolled in a VEBA health insurance plan.*

#### How do I join?

- Complete and mail or fax the attached participation form to the VEBA Advocacy Programs as indicated on the form.
- You must enroll by **Friday, September 19, 2008.**

#### How does it work?

It's simple.

After enrollment, you will receive a welcome kit that includes program details, a pedometer, step-tracking sheets, and other items. The welcome kit will also include a self-administered walking test so you can choose your participation level depending upon how active you are.

You will begin tracking your daily steps on Monday, September 29, 2008. Keeping track of your steps will be important in determining who reaches the different “virtual destinations” that have been mapped out throughout San Diego County.

And don't forget, there will be plenty of prizes for those of you who complete your walking goals.

Of course, it will be up to you to continue your newfound walking habits for life, but the VEBA Advocacy Programs is a resource for VEBA members for continued support in meeting your wellness goals.

**If you have any questions about the Walking Challenge, please contact one of our health coaches\* at [healthcoach@VEBAonline.com](mailto:healthcoach@VEBAonline.com) or 619-466-4386.**

**(\*Provided through Healthy Adventures Foundations)**