



Employees: Take a Hike!
THRIVE! Southern Lorain County Sponsors
“Worksite Wellness Walking Challenge”

Get your walking shoes ready! For the whole month of November, THRIVE! Southern Lorain County will sponsor the “Worksite Wellness Walking Challenge” for employees of businesses and organizations throughout the Wellington area.

Funded by United Way of Greater Lorain County, THRIVE! is a community collaborative whose mission is to improve the physical, nutritional and social/emotional health of southern Lorain County residents.

The Walking Challenge: How It Works

Businesses and organizations should form teams and sign up for the Walking Challenge. **They must register their teams no later than Sunday, October 25, by first calling Main Street Wellington at 440-647-3987; or by emailing Jennifer Arntz at jarntz@mainstreetwellington.com.**

Each registered walker must log in his/her number of steps on a Fitbit or pedometer. THRIVE! will donate pedometers to participants who don’t have a tracking device. The team with the most steps will win the Challenge.

Organizations that have already signed up for the Challenge are King Realty, Daniel Gossman of Allstate Insurance, Colonial Barber Shop, Heather’s Massage Therapy, P.T. Services Rehabilitation, Inc., LCCC-Wellington Center and On Track Nutrition.

Prizes!

THRIVE! is funding the prizes, which include:

Team Prize (for one business): a choice of \$250 worth of Bread-N-Brew gift certificates or a water cooler with three, five-gallon water jugs (valued at \$275)

“Spirit Awards” (for up to three people). Teams will nominate a Spirit Award recipient, who will get a Fitbit Inspire or a \$50 gift certificate to Bread-N-Brew.

Join in the fun and start walking!

For more information, go www.thriveslc.org and click on the Walking Challenge box, or go to our Facebook page at www.facebook.com/thrivesoloco