



MAYFLOWER MUNICIPAL HEALTH GROUP

2015 FALL WALKING CHALLENGE

September 14th— October 26th

Sign up now to be eligible to win prizes!

Register by 12 Noon on September 10th and you could win 1 of 15 "Fitness that Works" books by the Wellness Council of America!

Weekly Raffles:

September 21st-	2- \$20 Target gift cards
September 28th~	2- \$20 Stop and Shop gift cards
October 5th	2- \$20 Target gift cards
October 12th~	2- \$20 Stop and Shop gift cards
October 19th	2- \$20 Stop and Shop gift cards

Grand Prize Raffle (October 29th, 2015)

- \$50 Dicks Sporting Goods Gift Card
- \$50 Target Gift Card
- \$25 Dick's Sporting Goods Gift Card
- \$25 Stop and Shop Gift Card
- \$25 Target Card
- 1 of 12 Stainless Steel MMHG Water Bottles

All registered participants in the MMHG Spring Walking Challenge that log miles on the WalkingWorks website each week are eligible to win prizes in the weekly raffles and the grand prize raffle. Grand prize raffle to be held on October 29, 2015.

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

Check with your doctor before beginning any exercise program



Walking for exercise strengthens the body, rejuvenates the mind, and enlivens the heart and spirit. Change your life—start walking today!

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 Prizes. All participants who register for the challenge and log miles each week will be entered in the weekly raffles and grand prize raffle.

Get Motivated. We'll send you weekly, motivational 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 2015 Fall Walking Challenge!

How to Sign Up:

If you participated in the MMHG 2014 Fall or 2015 Spring Walking Challenge— Log into www.walkingworks.com using your same user ID (email address) and password. If you don't remember your password you can create a new one by clicking on the "forgot password" link. Once you have logged in successfully click on "Edit Profile". On the "Edit Profile" screen under "program" select "2015 Fall Walking Challenge" and click "update profile" (you may be prompted to create a new password at this point).

If you didn't participate in the MMHG 2014 Fall or 2015 Spring Walking Challenge—

- ~Go to: www.walkingworks.com and click "Register Now"
- ~A window will appear to fill in your personal information. Enter your email, name, and work zip code.
- ~Select "Team Member" not "Individual"
- ~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 "2015 Fall Walking Challenge" for your Program
- ~Select your "Town or Governmental Unit" for your Team
- ~Provide the other required information and click "register now". Click "update profile" and remember to write down your user name and password!

Trouble registering or have questions? Send us an email at wellness@mmhg.org or call 774-773-9306.