



MAYFLOWER MUNICIPAL HEALTH GROUP

6 WEEK SPRING WALKING CHALLENGE 2015

April 27th—June 8th 2015

Sign up now to be eligible to win prizes!

Register by 12 Noon on April 26th and you could win 1 of 15 "Fitness that Works" books by the Wellness Council of America!

Weekly Raffles:

May 4th~	2- \$20 Target gift cards
May 11th~	2- \$20 Stop and Shop gift cards
May 18th~	2- \$20 Target gift cards
May 25th~	2- \$20 Stop and Shop gift cards
June 1st	2- \$20 Stop and Shop gift cards

Grand Prize Raffles (June 11, 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
 15 "Eat Right for Life" books by Dr. Ann Kulze, MD

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 raffles. Grand prize raffle to be held on June 11, 2015.

Learn more about MMHG Wellness at www.mmhg.org

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

Get Motivated. We'll send you weekly 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 Spring Walking Challenge!

Remember to check with your doctor before beginning any exercise program.

How to Sign Up:

If you participated in the 2014 MMHG Spring or Fall 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 Spring 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 2014 MMHG Spring or Fall 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 Spring 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.