



edHEALTH's Walk This Way to a Healthier You Walking Challenge Returns June 4, 2019

Get your sneakers ready – edHEALTH's popular "Walk This Way to a Healthier You" walking challenge returns for four weeks starting on Tuesday, June 4 and will be ending on Monday, July 1. The competition will be against all other edHEALTH colleges/universities:

- Bentley University
- Berklee College of Music
- Boston College
- Brandeis University
- Clark University
- Emerson College
- Franklin W. Olin College
- Lasell College
- Lesley University
- Regis College
- Suffolk University
- Wellesley College
- Wentworth Institute of Technology
- Wheaton College
- Worcester Polytechnic Institute

All participants from Salve Regina will be one team. Teams from each school will compete for the edHEALTH walking challenge trophy and celebratory event. Walking participants should strive for 10,000 steps per day, seven days a week, for four weeks. Last year, over 800 employees from 14 schools participated during July, and this year's June event is expected to be even more popular.

Weekly Raffle Prizes: For every week of the walking challenge, two raffle winners from each school will receive a "Walk This Way" gift basket valued at either \$50 or \$100, depending on the number of steps walked. Participants walking 5,000 steps or more per day are eligible for the \$50 value prize; those walking 10,000 steps or more per day are eligible for both the \$50 value prize and the \$100 value prize. The themed gift baskets include: fitness, mindfulness, nutrition, and relaxation. There will also be a grand prize for the "top stepper" at each school.

Easy Tracking: Harvard Pilgrim (health insurer for some of the above schools) will be hosting the challenge. All Salve Regina walking participants will need to create a guest account at www.harvardpilgrim.org/wellnessaccount where they can log in their steps or connect their fitness tracker or device app. Please note, if you already have a Harvard Pilgrim online account from participating in the challenge last year, enter your username and password and **Log in**. If you do not have an account, click the **Create Guest Account** option and use Salve's code of C22199. Please note that it may take up to 24 hours for your guest account to be activated.

Last year, Franklin W. Olin College won the edHEALTH walking challenge. Which member school will win this year? Although we don't know yet, we do know that everyone will have fun participating and being active.