

Walking Workssm for South Carolina Schools

A **FREE** 12-Week Walking Program for Grades K through 5

This new program invites teachers to lead their classes on five-minute walks every day. Progress is recorded and students receive **FREE** incentive prizes!

1 **Enroll your school**

- Identify one coordinator for your school (i.e. PE teacher or school nurse)
- Provide the number of participating students and classrooms
- Commit to walking for at least five minutes per day



2 **Receive your supplies and START WALKING!**

- Use the walking chart to track minutes walked each day
- Motivate students with **FREE** pedometers
- Compete against other classes in your school



3 **Celebrate your success**

- Report your total minutes
- Receive **FREE** incentive prizes for students who participated
- Continue walking and competing even after the program is over

Enroll Today!

To receive enrollment information by email, sign up before

August 26, 2011

Annie.Fearon@BlueChoiceSC.com

803-382-5068

800-327-3183 ext. 25068



**BlueChoice[®]
HealthPlan[®]**
South Carolina