

Granite

Well-Being Walkabout

Greece



Search for Mythical Beings

2019 EMPLOYEE PARTICIPATION GUIDE

Welcome to the Granite Well-Being 2019 Greece - Search for Mythical Beings Walkabout! Greece is a country in Southern Europe, on the southernmost tip of the Balkan peninsula, with extensive coastlines and islands in the Aegean, Ionian, and Mediterranean Seas. It shares borders in the North with Albania, North Macedonia, Bulgaria, and Turkey. It has an ancient culture that has had a significant influence on the arts, language, philosophy, politics, and sports of western society, including the genres of comedy and drama, western alphabets, Platonic ideals and the Socratic method, democracies and republics, and the Olympics. Furthermore, it's a geographically appealing place to visit, with a mountainous mainland and idyllic island beaches.

Program Overview

The Well-Being Walkabout program will run for eight weeks as we walkabout Greece in search for mythical beings. We will visit some great and breathtaking destinations of Greece as we walk ourselves to better health. Beginning 8/30/19 employees will individually track their daily steps on the walkabout tracking form. At the conclusion of the eight weeks you will turn the completed form into the Benefits Department. Employees who reach at least (150 miles) will receive our customized walkabout collector pin. We encourage you to pin your walkabout collector pins on your lanyards and wear with Granite Pride. No sign up is necessary just start tracking your steps. Even though only contract employees are eligible for the customized collector pin, we encourage you to make this a family event. **Thank you for supporting our Annual Walkabout Tradition!**

How Do I Track My Steps?

You will need to use your own personal step counting device: Fitbit, pedometer, or download a free App on your smart phone...etc. **A good goal is 10,000 steps per day.** It will be difficult to get 10,000 steps in a day without intentionally dedicating some time to go for a walk/run. This goal, will encourage you to incorporate physical activity into your day; making it a healthy habit.

Ways to Increase Your Steps

Most people walk between 3,000 and 5,000 steps each day. Boost your steps by making some simple choices:

- Park your car farther from the office or store
- Instead of using the drive-up window at the bank, park your car and walk in
- Get up from your desk and walk for a few minutes several times each day
- Take the stairs instead of the elevator
- Establish a routine of taking a short walk after a meal
- Walk to the restroom farthest from your desk
- Exit public transit several stops before your

destination and walk the rest of the way

Safety Tips

First, please check with your doctor before starting a walking program or any other form of physical activity.

- Keep safety in mind when you plan your route and time of walk
- Walk with someone you know, or tell someone your route and expected time to return
- Walk in the daylight or in well-lit areas at night
- Do not wear jewelry
- Do not wear headphones, or keep the volume low enough you can be aware of your surroundings
- Bring a cell phone
- Walk against the direction of traffic
- Wear reflective gear
- Start out slowly, allowing yourself time to warm up

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EMPLOYEE TRACKING FORM

Tracking Sheet

2,000 Steps = 1 mile

Totals Miles = 133 Miles

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week One	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:
Week Two	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:
Week Three	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:
Week Four	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:
Week Five	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:
Week Six	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:
Week Seven	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:
Week Eight	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:	Steps:

