

Welcome to Walktoberfest 2014 – Hawaiian Islands Here We Come!  
Get more active starting in October and continue throughout the entire year.



## How it works

**Duration:** 6 weeks, Monday, October 6 – Friday, November 14

**Goal:** Walk/exercise daily to see how many Hawaiian Islands you can visit

**How:** Any type of exercise counts towards your accumulated time

**What:** Virtually travel from the Big Island to Niihau for a total of 626 kilometers. We will visit the Big Island – Maui – Kahoolawe – Lanai – Molokai – Oahu – Kauai - Niihau. All you have to do is keep track of your exercise minutes (1 minute of exercise will count as ½ kilometer). I have created an excel worksheet for you to record your exercise minutes and have attached the excel worksheet in this email for easy conversion. It will also be available on the Employee Wellness website.

## How it Works - Conversion

Your exercise minutes will be converted to kilometers (I will do this for you); 1 minute of exercise = ½ kilometer! For example, if you work out for 20 minutes you will have made it 10 kilometers from the Big Island to Niihau.

1 minute of exercise = ½ kilometer

626 kilometers = 1,252 minutes of exercise

## Participant Goals:

Beginner: 150 min exercise per week

Intermediate: 225 min exercise per week

Advanced: 300 min exercise per week

## Accountability Prize:

Participants turning in their weekly exercise minutes of 60 minutes or more each week will be entered into a weekly drawing for \$10 in Bod Bucks. A link will be sent weekly where you can easily record your minutes.

## Walktoberfest Extras

- Weekly emails with information highlighting each Hawaiian Island.
- Weekly health tips

**Walktoberfest Incentives:** Participants will be entered into a drawing for the following Wellness Prizes:

Advanced: Participants who exercise 1800 minutes/miles or more

- 3 winners
- \$25 in bod bucks each

Intermediate: Participants who exercise 1350 minutes/miles or more

- 15 winners
- Wellness prize of your choice (while supplies last): EW Tote Bag, EW Grill Set or choice of Mayo Clinic Book

Beginner: Participants who exercise 900 minutes/miles or more

- 10 winners
- Wellness prize of your choice (while supplies last): EW Beanie Hat, EW Scarf or choice of Mayo Clinic Book

Please turn in your total exercise minutes by Tuesday, November 18th to be eligible for the drawing. You can do this by emailing them to me at [coletta.meyer@washburn.edu](mailto:coletta.meyer@washburn.edu).

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Good Luck and remember to have fun!!!!