**The *STEP Challenge* at the Oregon School Employee Wellness Conference**

Can you walk 15,000 steps during the conference?

Join your colleagues for this fun competition at the Oregon School Employee Wellness Conference and the chance to win a GREAT prize. Every step counts! With a little extra effort, you can really put on the miles and burn calories all while attending our conference.

**Need a reason to participate?**

* Walking 30 minutes a day puts life into your years, protects you from heart disease, and strengthens memory!
* It’s fun and a great way to curb the negative effects of stress by boosting your serotonin!

**To participate in our STEP Challenge:**

1. In your registration packet is your “Thrive” pedometer for the STEP challenge. Please use only this pedometer to record your steps beginning Monday at 8:30 am through Tuesday’s lunch.
2. Keep track of your own steps. Once you start using your pedometer, **do not reset your pedometer** – count your **total steps** for both Monday and Tuesday.
3. All conference participants that successfully walk 15,000 steps by Tuesday’s lunch will have their name entered into a drawing for a prize.
4. Winner of the STEPS Challenge will be awarded at Tuesday’s celebration lunch. Don’t miss out on winning a terrific prize! The winner must be present to win.

**You’ll be surprised at how fast steps add up! Tips to get to 15,000 steps during the conference:**

* To walk 1 mile = 2,000-2,400 steps. Set a goal each day for how far you would like to walk before, during and after the conference sessions
* Walk up stairs instead of taking the elevator
* Walk to the Riverhouse Convention Center from your hotel
* Take walking breaks instead of coffee breaks
* Participate in the 60 second physical activity breaks during conference sessions
* Go for a morning walk/run to wake up before the conference sessions
* Walk up and down the halls between breakout sessions
* Participate in the conference ‘wellness ‘ activities each day
* Participate in Monday or Tuesday’s Zumba Class