



WALK THE WALK

communities creating a more walkable Kentucky...one step at a time

KENTUCKY EMPLOYEE HEALTH PLAN **STEP CHALLENGE >**

The Kentucky Personnel Cabinet hosted a 15-day walking challenge for all members of the Kentucky Employee Health Plan to promote walking and walkability in the workplace.

Over 7000 people competed individually or on teams and collectively logged more than 863 million steps. Participants earned HumanaVitality points for joining the challenge, and additional points were awarded to individuals for sharing personal stories about their motivation to get fit.

The Department for Public Health Wellness Committee was just one of the teams participating in the challenge. Employees were encouraged to incorporate physical activity into their workday by hosting walking meetings, parking further away from the building, taking the stairs, and using 15-minute breaks for catching up on steps.

Offering a step challenge is a great way for employees to start or continue to include walking in their daily routine. People share routes and places with one another and discover new ways to maximize their daily steps during a busy workday. Walking with coworkers improves health, builds relationships, and helps teams utilize productive time.

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