



Monday, October 6, 2003

Faculty, staff offered 10K-a-day program

Oakland University and the **Building a Better U** program are encouraging faculty and staff to walk more during their daily activities by offering a new six-week walking program.

Called **10K-a-day**, the program is a simple and inspiring way to boost your physical activity level, no matter how busy you are. Participants are encouraged to set aside time each day to walk or jog or take opportunities to add steps to their usual routine until they are walking 10,000 steps per day.

Through the program, which runs from Monday, Oct. 20, through Friday, Nov. 28, faculty and staff receive all the tools they need to plan and track their daily walking habits while incorporating more steps into a permanent, healthy lifestyle.

10K-a-day uses a special pedometer that measures steps to help you track your progress. Cost of the program is \$10, which includes the pedometer, log sheet and weekly e-mail messages.

Faculty and staff can register for 10K-a-day at:

- The Wellness table in the Oakland Center on Monday, Oct. 6, Tuesday, Oct. 7, Thursday, Oct. 9, or Friday, Oct. 10, from 11 a.m.-1 p.m.
- The Oct. 8 Wellness Wednesday program, which begins at 12:05 p.m. in the Recreation Center's Pioneer Room. The Wellness Wednesday topic is "Step Over to Wellness." Participants will learn about the right shoes to wear for walking, routes to enhance your appreciation for nature and more about 10K-a-day, including the opportunity to register. Sign up for the Wellness Wednesday program by visiting the **Faculty and Staff Training** Web site.

Participation in 10K-a-day is voluntary. Those who enroll and who are not current members of OU's Recreation Center are invited to work out at the center for free from Oct. 20 through Nov. 30. You will need to show your pedometer and OU faculty or staff ID when you visit the Rec Center.

Another incentive, besides the health benefits you will gain, is the 10K-a-day T-shirt you will receive upon completion of the program. To receive your T-shirt, participants are asked to return their completed log to 148 North Foundation Hall or fax it to extension 2728 by Friday, Dec. 5.

During the program, participants are encouraged to share their personal success stories with OU's Wellness Committee by e-mailing wellness@oakland.edu.

For more information on 10K-a-day, visit the **Building a Better U** Web site or e-mail your questions to wellness@oakland.edu.

SUMMARY

OU and the Building a Better U program are encouraging faculty and staff to walk more during their daily activities by offering a new six-week walking program. Called 10K-a-day, the program is a simple and inspiring way to boost your physical activity level, no matter how busy you are.

Created by CareTech Administrator (webservices@caretechsolutions.com) on Monday, October 6, 2003
Modified by CareTech Administrator (webservices@caretechsolutions.com) on Monday, October 6, 2003
Article Start Date: Thursday, October 9, 2003