



Abundant Living®

**Baptist  
Easley  
Hospital**



Attention: YMCA Members and Participants

Please join “Healthy Win in 2010”, a community challenge among the Pickens County YMCA, Baptist Easley Hospital employees, Abundant Living churches, and several Pickens County Zest Quest schools.

This 10-week challenge will begin January 30<sup>th</sup> and conclude April 10<sup>th</sup>. Participants will track steps or miles to have the chance to earn incentives! An optional devotional guide that incorporates the Lenten season will be provided for interested participants. As participants strive to put more steps in their day, they will have the opportunity to improve overall weight and blood pressure.

Prior to January 30<sup>th</sup>, each participant will need to have a pre-screening of blood pressure and weight with a repeat screening at the conclusion to evaluate the effect of the challenge.

Your responsibilities as a participant:

- Go to weigh-in one time during the week of January 25<sup>th</sup> at the Pickens County YMCA, Pickens or Easley location. Times are listed on the next page.
- Fill out your step/mile tracking sheet daily.
- Turn in your step/mile tracking sheet by the following dates:
  - Weeks 1-3 = turn in by 2/23/2010
  - Weeks 4-6 = turn in by 3/16/2010
  - Weeks 7-9 = turn in by 4/6/2010
  - Week 10 = turn in by 4/13/2010
- Go to weigh-in one time during the week of April 12<sup>th</sup> at the Pickens County YMCA, Pickens or Easley location. Times are listed on the next page.
- Set a goal. Encourage others and work together to increase the overall benefit of the program. A little competition can be motivating!
  - Some people strive for 10,000 steps in one day (use the activity conversion chart to count activity as steps or miles). 2000 steps = 1 mile.
  - Some set a weight loss goal and apply good nutrition and exercise habits to reach it.
  - Some sign up for an event and continuously prepare for that event. For instance, there is a 5K/10K walk/run on April 10<sup>th</sup> in Downtown Easley. The event also includes a chance to bike part of Pickens County. If you sign up for the Spring Fling as your walk, run or bike goal, you would be helping yourself as you help benefit the Pickens County YMCA Share the Spirit scholarship campaign.
  - You could create your own personal goal and go for it!

See Time Line for more details.

Also, visit [www.pcyymca.net/healthywinin2010.php](http://www.pcyymca.net/healthywinin2010.php).

Thank you for your willingness to participate and may you have a “Healthy Win in 2010”!