

**Welcome to the 2018 Tri-County Schools Insurance Group Walk Across America challenge!**

To commemorate the 7<sup>th</sup> year of this annual event we are embracing the *lucky number seven*! Prizes, updates, announcements, you name it – seven is *your* key to success in 2018! So lace up your sneakers, grab a water bottle, and walk toward a healthier tomorrow!

Not only will you feel great with a boost in your physical activity, but 2018 brings you **seven ways to win!** We've designed an **all new raffle prize structure** to offer something for EVERY level of walker. As long as you commit to the challenge, you are a *winner*! **33 prizes** will be raffled, but *EVERY* participant will win better health! So check out the list of prizes on page two of this flyer, set your personal goal, and get ready to commit to your best year yet!

More great news! Did you know that ALL physical activity counts toward your steps? If you are a swimmer, we can account for that. If you spend hours in your yard on the weekend, we'll cover that too! No matter your chosen activity, we can help you convert that action into steps with an easy to read chart with over 100 activities!



Simply track your daily activity with your tracker of choice (phone, Fitbit, fitness watch, whatever works). At the end of each week you will report your steps for the previous week using the links we will share with you. TeamCare will then email bi-weekly updates so you can see your cumulative mileage, and how close you are to each prize level!

It's just that easy! **Walk – Track – Report – Win!** So, what are you waiting for?

**Please visit the following link to accept the challenge today!**

**<https://www.surveymonkey.com/r/TCSIG2018WAA>**

Once you register, watch your email the last week of March for more information about how to report your steps and other useful tools to keep you on track!

## 7 Ways to Win!

### #1 Report your steps EVERY week – \$25 Amazon e-gift cards (7 winners)

If you struggle to meet the distance milestones but faithfully report your steps, *this is for you!* To reward your commitment and dedication, all participants who report their steps EVERY week, *regardless of your total miles*, will be eligible for the #1 prize raffle!



### #2 Reach 100 miles – \$50 Amazon e-gift cards (7 winners)

An average pace of about **3,500 steps a day** will help you reach the #2 prize raffle!



### #3 Reach 200 miles – \$100 Amazon e-gift cards (7 winners)

An average pace of about **7,000 steps a day** will help you reach the #3 prize raffle!



### #4 Reach 250 miles – Fitbit Alta HR or Charge 2 HR (2 winners)

Hit this milestone and two lucky winners can choose from a Fitbit AltaHR or a Charge2HR. An average pace of about **9,000 steps a day** will help you reach the #4 prize raffle!



### #5 Reach 300 miles – 6 month gym membership or fitness classes (1 winner)

This 2018 Grand Prize is your choice - 6 months of action! This \$250 value can be used for a gym membership – yoga classes – kick boxing – personal training – whatever works for you! An average pace of about **10,700 steps a day** will help you reach the #5 prize raffle!



### #6 Reach 350 miles – \$100 Amazon e-gift cards (2 winners)

This “Super Walker” tier has been added for those of you who keep on going! (There were 34 people in 2017 who surpassed this level!) An average pace of about **12,500 steps a day** will help you reach the #6 prize raffle!



### #7 Share your Success Story – \$25 Amazon e-gift cards (7 winners)

Your success may be another person’s motivation and just the encouragement they need to take a step toward better health. On the final week of reporting you can share your words of success, motivation and encouragement. Your story may even be shared in an upcoming TCSIG newsletter! Complete this step to be eligible for the #7 prize raffle!



***And best of all, you remain in each prize drawing for every prize level you reach!***

So put the sole of your shoe into the soul of your commitment and accept the challenge today!