

**Welcome to the TCSIG 2018 Walk Across America Challenge -  
Here is your toolkit for success!**

TCSIG and TeamCare have worked hard to develop fun new ways to get you excited about the 2018 challenge! Walking clears the mind, energizes the body, and supports overall good health. We are thrilled to see so many people embrace walking and step up their physical activity. And to make it even better, the challenge prizes are pretty great too! You don't have to walk the most to be in the running for the raffles. Whether you walk a few minutes a day, walk all day long, or somewhere in the middle, the [new prize structure](#) has something for everyone\*.

Please keep in mind that ALL physical activity counts and can be converted into steps using this [step conversion chart](#). So whether you are an avid golfer, a weekend gardener, or just keeping up with your household chores, you can receive credit for everything you do to stay active!

If you do not use an online/phone application and would like to track your steps manually you may print this [step tracker](#) and fill it in as the weeks progress. You may also use this [excel version](#) of the step tracker that is formulated to accumulate your steps as you add them.

**Reporting your steps is quick and easy:** Each week you report your steps for the week before using these [step reporting links](#). For example, during Week 1 you will track your steps from Monday, April 2nd through Sunday, April 8th. Then, on Monday, April 9th you will report your Week 1 steps. (Don't worry, all of the dates are on the step reporting links.) Each week you will report your steps (**not miles**) *for the previous week only*, not your cumulative steps for the challenge. And if you forget to report a week, that's not a problem. Simply report your steps for the missed week and the current week (using the combined total) the next time you report your steps. **Please note:**

- You may not report more than two weeks of steps at any given time
- This will not count as "reporting every week" and you would therefore be ineligible for prize raffle #1

To keep you up to date we will send out bi-weekly standings reports to show each walker's mileage (2,000 steps = 1 mile). **The first report will be sent out after Week 2 reporting has closed, so be sure to check your email by April 20, 2018.**

Would you like support and guidance during the challenge? A **Personal Health Coach** can work with you via phone or email to provide the tools and motivation needed to be successful in the challenge, as well as your daily life. This service is provided at **no cost to you** and is **100% confidential** - your information will never be shared. To learn more please contact **TeamCare** at **866-724-0032** or [teamcare@delapro.com](mailto:teamcare@delapro.com).

*\*While everybody is welcome to participate in the challenge, you must be on the TCSIG medical plan to be eligible for prizes.*

We understand that finding the time to walk can sometimes be a challenge, but every single minute can have a positive impact on your mental & physical health. Take a look at the difference just a few minutes of walking a day can make.

## Walk Yourself to Better Health – *One Minute at a Time*

Walking is a great way to increase your physical activity without the expense of special equipment or a gym membership. Not only does it provide a break for the stresses of daily life, but it offers tremendous health benefits as well. And the more you walk, the greater the benefit. Take a look at the difference just a few minutes can make.

<p><b>1 minute. . . .</b> Makes you more likely to have a waist 4cm smaller than somebody who sits all day</p>	<p><b>. . . . 2 minutes</b> Activates the genes responsible for metabolizing fat and carbohydrates, and activates anti-inflammatory signals</p>
<p><b>3 minutes. . . .</b> Lowers blood pressure and triglyceride levels after a meal</p>	<p><b>. . . . 5 minutes in nature</b> Improves self-esteem by 46% and mood by 54%</p>
<p><b>6 minutes at a brisk pace. . . .</b> Correlates to better memory and logic and more gray matter in the brain in older adults</p>	<p><b>. . . . 5 - 10 minutes</b> Increases creative thinking and creative problem-solving by 60%</p>
<p><b>15 minutes after a meal. . . .</b> Significantly lowers blood sugar levels and reduces risk of diabetes</p>	<p><b>. . . . 20 minutes per day</b> Increases bone density in post-menopausal women</p>
<p><b>30 minutes. . . .</b> May improve executive functioning and relieve symptoms of depression as efficiently as prescription anti-depressants, and reduces risk of stroke by 30%</p>	<p><b>. . . . 30 minutes after a meal</b> Leads to 3 -6 pound weight loss, depending on walking speed</p>
<p><b>40 minutes. . . .</b> Cuts risk of coronary heart disease in half in elderly men</p>	<p><b>. . . . 45 minutes</b> Reduces inflammatory markers and adipose tissue in thighs and belly</p>
<p><b>50 minutes. . . .</b> Reduce inflammatory and cell damage in older adults</p>	<p><b>. . . . 60 minutes per day</b> Reduces breast cancer risk by 14%</p>
<p><b>90 minutes in nature. . . .</b> Decreases depressive thoughts and reduces activity in the area of the brain linked to risk for mental illness</p>	<p><b>. . . . 150 minutes per week</b> Reduces body weight, BMI and blood pressure</p>
<p><b>150 minutes. . . .</b> Burns 560 calories for a 165 pound adult</p>	<p><b>. . . . 240 minutes per week</b> Reduces risk of hip fracture in men by 43%</p>
<p><b>450 minutes per week. . . .</b> Increases life expectancy by 4 ½ years</p>	



For questions or assistance please contact **TeamCare** at 866-727-0032 or [teamcare@delapro.com](mailto:teamcare@delapro.com) . . . We're here to help!

Now you have everything you need to be successful in the challenge, the rest is up to you! It's time to lace up your sneakers, drink plenty of water, and step into the **TCSIG 7th Annual Walk Across America Challenge!**

### Quick Reference Links:

- [Challenge Information & Prizes](#)
- [Step Reporting Dates & Links](#)
- [Step/Activity Conversion Chart](#)
- [Manual Step Tracker \(Printable\)](#)
- [Manual Step Tracker \(Excel Function\)](#)
- [Walk Your Way to Better Health](#)



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