# Worksite Wellness Success Stories

April 2008

## 2nd Annual Blue Cross Blue Shield of Michigan
## *6-Week Legislative Walking Challenge*

April 29, 2008 marked the beginning of a six-week "Legislative Challenge". **The goal was 10,000 steps per day; gradually increasing the distance one walks each week.** The three senators and three representatives who walk the farthest during the six-week challenge will win "Healthy Lifestyle Wellness Grants" for their districts from BCBSM. Each of the six winners will select a school or nonprofit organization in his or her district to receive a grant promoting a health or wellness program.

The challenge was an offshoot of National Walk @ Lunch Day
where thousands of individuals across Michigan laced up their shoes for a 30-minute lunchtime walk - exercise can fit into, and not compete with, a normal work day.

House Winners:
1- Representative John Proos R-District 79 (438.6 Miles)
2- Representative Marc Corriveau D- District 20 (249.5 Miles)
3- Representative Mark Meadows D- District 69 (198.22 Miles)

Senate Winners:
1- Senator Randy Richardville R- District 17 (413.9 Miles)
2- Senator Tom George R- District 20 (357.10 Miles)
3- Senator Gretchen Whitmer D- District 23 (248.3 Miles)

**The President's Council on Physical Fitness and Sports recommends 30 minutes a day, on five or more days a week, or 10,000 steps daily, to produce the best, long-term health benefits for most individuals. That is why Blue Cross and Blue Shield launched** WalkingWorks**.**

WalkingWorks
Step Up Your Physical Activity