



Walk Well

This is an 8-week program physical activity program. This program is designed to gradually help you increase the steps or distance that you are walking. Participants will track their walking with an approved device or app.

Program Guidelines:

- Par-Q and Walk Well Registration must be returned, no later than the end of week 1. If your form is not received, you will be removed from the program.
- Meet the walking goals 4 days of the week for 7 out of 8 weeks.
- Submit a screenshot from your device or app by Tuesdays at noon.

Program is at no cost.

Approved list of devices and apps*:

- Fitbit (can be purchased from any INTEGRIS Health Retail Pharmacy)
- Garmin
- Samsung Gear
- Apple Watch
- Polar
- MapMyWalk App
- RunKeeper

*If there is one not on this list that you would like to use, please let your coach know to receive approval.

Schedule of Walk Well:

- Session 1:
 - Must be enrolled by Friday, February 4th
 - Programs Runs: February 7th – April 3rd
- Session 2:
 - Must be enrolled by Friday, June 3rd
 - Program Runs: June 6th – July 31st
- Session 3:
 - Must be enrolled by Friday, September 2nd
 - Program Runs: September 5th – October 30th

To enroll, email employee.wellness@integrisok.com