



THE 2010 STEP-UP PROGRAM WILL BEGIN ON MONDAY, APRIL 5, 2010



It's time to pull out your pedometers from last year, dust them off, and start walking!

Are you ready for the challenge?

All employees are encouraged to start walking and log steps!

All Lake County employees are eligible to participate as an individual or on a team.

Monthly prizes to be awarded!

Walk-n-Salad Lunch on Wednesday, May 19, 2010!

Pedometers can be purchased for \$8.00.

Please register by submitting your individual name or team name, captain, participant names, and total request of pedometers to Jackie Via, Wellness Coordinator at jvia@lakecountyohio.org by

Monday, March 29, 2010.

See attachment for details!

