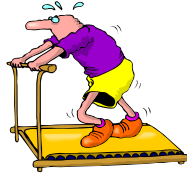




# THE 2010 STEP-UP PROGRAM WILL BEGIN ON MONDAY, APRIL 5, 2010



**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](mailto:jvia@lakecountyohio.org) by

**Monday, March 29, 2010.**

**See attachment for details!**

