



Walk for Life!® A Corporate Wellness Program



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- Help Employees Become Healthy
- Decrease Chronic Illness And Absenteeism
- Increase Employee Energy And Productivity
- Reduce Your Healthcare Costs
- Improve Employee Camaraderie And Teamwork
- Lower Employee Turnover Due To A Healthy Business Culture

Society requires a busier life outside the office, and often employees get consumed with doing their absolute best for the business leaving little if any time to engage in a permanent wellness program. Little is done to address the fact that a healthier employee is one who is more likely to demonstrate increased output of quality work. Healthy employees have increased energy, focus, and self-esteem. They also require decreased health care and are vested in pursuing a more vigorous business life since their health needs are being addressed. A business culture filled with healthy alternatives for employees decreases lifestyle problems which can include everything from being overweight, chronically ill, and easily fatigued. In general an unhealthy employee is a grade “C” producing worker.

A Company Can Be Proactive And Shift Awareness Among Their Employees By Providing A Healthy Wellness Program Which Includes:

- Addressing the risk factors of being sedentary
- Increasing awareness of how to improve employees “vital signs” of health
- Engaging in a lifestyle exercise program to increase aerobic ability and strength
- Offering a progressive and competitive regiment to improve personal fitness within the business environment thus fostering camaraderie and team work among co-workers
- Implementing fitness markers so health improvements can not only be monitored but serve both as personal and group motivators
- Sharing practical interventions such as nutrition, cardiovascular fitness, decreasing heart rate and increasing muscle mass

Walk for Life!® A Corporate Wellness Program RRCA coach: Lynn Gray

Session 1: What is Your Real Age? Four Fitness Assessment Markers

Heart rate before and after exercising
Flexibility testing
Strength exercises to measure physical strength
Cardiovascular fitness to measure aerobic capability

Session 2: Speed Walking – Get Started and Set a Fitness Goal

Speed Walking form and technique
Effort level workouts
Specificity exercises for gaining strength in movement

Session 3: Developing a Speed Walking Fitness Program

Establish duration, time on your feet
Decide on frequency, how many times per week
Resistance training, increasing intensity increases metabolic rate
Learn 3 effort levels of Speed Walking

Session 4: Speed Walking and Weight Loss

The Psychology of Losing Weight and Keeping it Off
Walk off pounds through duration training
Weight training to increase metabolism
Conquer the habits which bring on weight gain: stress, smoking, depression, chronic injuries

Getting Started:

- Each participant will receive a workout fitness schedule, logbook, and weekly information handout summarizing the contents of the clinic and weekly homework.
- Each clinic will last 45 min. to 1 hour in length and will require the participants to be active during this time period. Thus, dressing in comfortable clothes and wearing running or walking shoes is advised.
- Each participant will receive a recognition certificate of completion of the “Walk for Life”® course which validates a 5K or 3.1 mile distance was completed by walking, running, or a walk/jog combination.