

STEP INTO HEALTH

Questions, comments or concerns?
Email healthpromotion@svmh.com

Salinas Valley Memorial Healthcare System invites you to participate in the annual Step Into Health challenge and move your way to achieving 10,000 steps a day. This 4-week challenge encourages you to get moving naturally by walking more. This challenge will run through September 1st - September 30th.

Program Goal

Aim for 10,000 steps each day of September by doing things such as parking further away from the entrance, choosing to take the stairs, turning your everyday meetings into a walking meeting or getting outside to enjoy nature!

What to do

- Read through the program waiver completely, then complete the Waiver and Health Check questions, sign your name and date.
- Track your steps using your smartphone, FitBit, Apple Watch, Garmin or other fitness tracking device. An activity to steps conversion chart will be made available if you do not own/use one of the above devices.
- Return waiver, along with completed steps chart, to Health Promotion Department via email, in-person or interoffice mail (for SVMHS Staff) when the challenge has ended.

Rules and Regulations

1. Step Into Health 2021, sponsored by Salinas Valley Memorial Healthcare System, is open to all SVMHS employees and community members. The program will start September 1, 2021 and end September 30, 2021. Completed charts must be received by Health Promotion no later than **October 8th, 2021**.
2. At the end of the challenge, there will be a raffle drawing for those who meet the goal of 10,000 steps per day and turn in their completed chart.
3. Participants must log their steps on the provided chart on a daily basis. Charts that have not been completed will not be considered for raffle entry.
4. Charts received later than October 8th, 2021 will not be eligible for a raffle entry.
5. Individuals who answer YES to one or more of the Health Check questions should obtain their physician's approval before participating in Step Into Health 2021.



 Salinas Valley Memorial Healthcare System

Health Check

1. Have you ever been told by a doctor or health professional you have heart trouble?
YES NO
2. Do you frequently have pains in your heart and chest?
YES NO
3. Do you often feel faint or have dizzy spells?
YES NO
4. Have you ever been told by a doctor or health professional you have high blood pressure?
YES NO
5. Have you ever been told by a doctor or health professional that you have a bone or joint problem such as arthritis that has been aggravated by exercise or might be made worse by exercise?
YES NO
6. Are you pregnant?
YES NO
7. Is there a good physical reason not mentioned why you should not follow an activity program even if you wanted to?
YES NO
8. Are you over the age of 65 and not accustomed to vigorous exercise?
YES NO

If you answered YES to any of the questions above, you should obtain permission from your physician before participating in Step Into Health 2021.

Sign:


Release

By signing above, I certify that I have read the challenge rules and have answered the Health Check to the best of my knowledge. I understand that Step Into Health 2021 is a community effort intended to increase the health of participants. In the considerations of accepting this entry, I the above-signed, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release all rights and claims for damages I may have against Salinas Valley Memorial Healthcare System, and the organization of which I am participating as a member or employee, their representatives, successors and assigns for any and all injuries suffered by me in said event. Consultations with a licensed medical doctor within the last six months respecting my fitness to participate in this contest is recommended.



Name: _____
 Email: _____
 Phone Number: _____
 Organization: _____



Please print and sign name: (First, middle initial and last)	M	T	W	TH	F	SA	SU	Total Steps
Example: June E. Smith 								
Week One								
Week Two								
Week Three								
Week Four								

Having trouble submitting? Contact Health Promotions for more information at 831-759-1890 or healthpromotion@svmh.com. Please submit your completed chart no later than October 8th, 2021.

Grand total of steps

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