

WalkingWorks® for South Carolina Schools

A **FREE** 12-Week Walking Program for Grades K through 5

BlueChoice HealthPlan invites teachers to lead their classes on five-minute walks every day. Progress is recorded and students receive **FREE** incentive prizes!

Enroll your school

- Identify one coordinator for your school (i.e. PE teacher or school nurse)
- Provide the number of participating students and classrooms
- Commit to walking for at least five minutes per day



Receive your supplies and **START WALKING!**

- Use the walking chart to track minutes walked each day
- Motivate students with **FREE** pedometers
- Compete against other classes in your school



Celebrate your success

- Report your total minutes
- Receive **FREE** incentive prizes for students who participated
- Continue walking and competing even after the program is over

Important Enrollment Deadlines!

Enroll by **June 15, 2013**: Receive materials in the mail at the start of your fall semester

Enroll by **August 31, 2013**: Receive print-ready materials by email.

To enroll, send an email to:

Kristina.Dearmon@BlueChoiceSC.com

803-382-5289 • 800-327-3183 ext. 25289



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