

# **THE FY2010 CHAIRMAN'S FITNESS CHALLENGE WALK THE PERIMETER OF TDCJ**

ON YOUR MARK, GET SET, GO! CHAIRMAN BELL HAS ANNOUNCED THE FY2010 CHAIRMAN'S FITNESS CHALLENGE. ARE YOU UP FOR IT? THE FIRST CHALLENGE, WALK THE PERIMETER OF TDCJ, WILL BE HELD FROM SEPTEMBER 14, 2009 TO OCTOBER 26, 2009. THE GOAL OF THIS CHALLENGE IS FOR EACH UNIT AND DEPARTMENT TO WALK AS MANY MILES AS POSSIBLE BY THE END OF THE SIX WEEK PERIOD AND EACH EMPLOYEE SET THEIR OWN PERSONAL FITNESS GOAL. AT THE END OF THE CHALLENGE, TOP PARTICIPANTS WILL BE RECOGNIZED BY THE TEXAS BOARD OF CRIMINAL JUSTICE BASED ON THE UNIT OR DEPARTMENT'S OVERALL AVERAGE MILES WALKED.

HERE ARE THE DETAILS OF THE CHALLENGE:

- THE WEEK OF SEPTEMBER 8, 2009 SHOULD BE USED FOR SIGN UP AND PROMOTING THE CHALLENGE TO THE EMPLOYEES.
- ENCOURAGE EMPLOYEES TO SIGN UP WITH THEIR WIN REPRESENTATIVE BY MONDAY, SEPTEMBER 14, 2009.
- EMPLOYEES WILL REPORT THEIR WEEKLY MILES (MONDAY THROUGH SUNDAY) EACH MONDAY.
- PARTICIPANTS MAY WALK, CYCLE, SWIM, HIKE OR PERFORM ANY OTHER PHYSICAL ACTIVITY THEY CHOOSE. AN EXERCISE EQUIVALENCY CHART CONVERTING ACTIVITIES TO MILES WALKED HAS BEEN PLACED ON THE WIN WEBSITE. ENCOURAGE PARTICIPANTS TO COUNT ALL PHYSICAL ACTIVITY (NORMAL ACTIVITY THROUGHOUT THE BUSINESS DAY AS WELL AS ADDITIONAL EXERCISE PERFORMED ON PERSONAL TIME).

WIN REPS WILL SIGN PARTICIPANTS UP BY MONDAY, SEPTEMBER 14, 2009, AND REPORT THE TOTAL NUMBER OF PARTICIPANTS TO AMY CLOUDS VIA MAINFRAME EMAIL BY WEDNESDAY, SEPTEMBER 16, 2009. WHEN AN EMPLOYEE SIGNS UP, PLEASE PROVIDE THEM WITH THE PARTICIPATION AGREEMENT, WAIVER/INDEMNITY AGREEMENT AND EXERCISE EQUIVALENCY CHART. THESE FORMS ARE LOCATED ON THE WIN WEBSITE.

ONCE THE CHALLENGE HAS STARTED, PLEASE EMAIL AMY CLOUDS, VIA MAINFRAME EMAIL, BY THE END OF THE DAY EACH TUESDAY WITH THE TOTAL NUMBER OF EMPLOYEES WHO PARTICIPATED, AND THE TOTAL NUMBER OF MILES WALKED FOR THAT WEEK. PARTICIPANTS SHOULD BE ENCOURAGED TO CONTACT YOU AND PROVIDE THEIR WEEKLY INFORMATION BY THE END OF THE DAY EACH MONDAY.

PLEASE REMIND EMPLOYEES PARTICIPATION IS VOLUNTARY, NOT WORK RELATED AND A PERSONEL FITNESS CHALLENGE. IF YOU HAVE ANY QUESTIONS PLEASE FEEL FREE TO CONTACT RICHARD SOAPE AT (936) 437-4064 OR VIA MAINFRAME EMAIL AT RSO9323. YOU MAY ALSO CONTACT AMY CLOUDS AT (936) 437-4161 OR VIA MAINFRAME EMAIL AT AHA9554.

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