

Walking Rally Email

Action! Camera! Fun!

Join the Walking Rally – part of our Agency’s Wellness Program

Burn calories! Get fit! Enjoy the fresh air!
Get up and away from your desk over the noon hour.

When & Where?

Wednesday, April ____ at 12:00 noon. Teams meet at 12:00 noon in the _____ located at _____. The entire event takes approximately 45 minutes.

What’s it all about?

Join in with your co-workers and form a team (teams can be 3-7 people). The Walking Rally is a fun competition that takes teamwork and strategy - not athletic ability. Teams will be given identical lists of items easily found in the _____ neighborhood – e.g., a porch swing, a red door. The teams, using their own digital camera, will walk the neighborhood and take pictures of the items on the list. The first team back with pictures of everything wins a prize!

How do I join in?

It's easy! Sign up on the team roster located in the _____. Put your name wherever you see an empty spotor start a new team of your own. Then, organize your team to meet in the _____ at 12:00 sharp on April _____. You'll receive instructions and 'the list' at that time. Be sure someone on your team brings a digital camera to the event.

Please read, sign, and return the [Participant Agreement](#) to your wellness coordinator prior to the Rally date.

See you there!