

WALK 10k



May 8-14, 2023

2023 MFA Week Challenge

Welcome to the Medical Fitness Week WALK10k Challenge! 10,000 steps a day (the equivalent of walking about five miles) is safe and effective whether you're already active or just getting started. A good goal is to increase your daily steps each week by 500 per day until you are normally achieving 10,000 steps a day. Join the fun by participating in the WALK10k Challenge and take a step towards a healthier lifestyle!

- 1) Pick up your pedometer and log sheet at the Information Desk or online at beacon.health/mfaweek
- 2) The first official day of the program is Monday, May 8th. Begin wearing your pedometer!
- 3) At the end of each day, enter your total daily steps on your log sheet, and then reset your pedometer to be prepared for the next walking day!
- 4) Continue to follow this process throughout the week, from Monday, May 8th through Sunday, May 14th.
- 5) Submit your completed WALK10k log sheet to the Information Desk or email to Programs@BeaconHealthSystem.org by May 18, 2023.

We have many exciting prizes so don't forget to submit your sheet!