

# 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](https://beacon.health/mfaweek)
- 2) The first official day of the program is Monday, May 8<sup>th</sup>. 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 8<sup>th</sup> through Sunday, May 14<sup>th</sup>.
- 5) Submit your completed WALK10k log sheet to the Information Desk or email to [Programs@BeaconHealthSystem.org](mailto:Programs@BeaconHealthSystem.org) by May 18, 2023.

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