

WELCOME TO THE FLORIDA TREK 2011

The **Florida Trek** is an exercise incentive and tracking program designed specifically for Alachua County employees. The Florida Trek begins June 1, 2011 and continues until April 29, 2012. Become fit as you take a simulated journey through Florida; earn prizes as you reach various trek points. Alligator Point is reached after 250 miles, Flamingo Point is at 500 miles, Panther Point is at 1000 miles and you reach Manatee Point after trekking 2000 miles.



Florida Trek Essentials You earn mileage as you exercise, either your actual mileage or 1 mile for every 15 minutes of activity. An online log sheet will be provided to you to track your activities and your mileage. Fill out your log sheet weekly and send it to Risk Management so we can chart your progress. The trek log sheet can be found online at www.benefits.alachuacounty.us

Activities suitable for trek mileage include such things as walking, running, cycling, spinning, tennis, basketball, soccer, swimming, yoga, rowing, weight training, and aerobics classes. Activities of daily living (gardening, housecleaning, car washing, incidental walking, etc) are not Florida trek activities.

During the **Florida Trek** you will receive information from Risk Management regarding your progress, health and fitness information, information designed to motivate you, and other general wellness facts. Data such as blood pressure, resting heart rate and BMI recorded on Florida trek screening cards at the health fair will allow you to measure your progress during the course of the trek.

The 2011 **Florida Trek**, is a year-long program consisting of four 12 week periods, each with its own focus and emphasis. There will be challenges that will provide the opportunity to earn bonus miles or prizes and will reinforce the focus of that 12 week period.

The overall theme of the trek program is consistency. Consistency is generally considered to be the most important component of a fitness program. One of the goals of the trek program will be to encourage participants to make exercise a key component in their everyday life. Exercising and submitting miles on a regular basis will be rewarded. Submit miles each week and you'll become eligible for bonuses and prizes.

Challenges will be voluntary and can be tailored to your individual fitness level, choose the novice level if you are new to exercise or the advanced challenge if you are veteran.

You can sign up at the Alachua County Employee Health Fair or you may register for the trek by contacting Colleen Duffy, Risk Management at 337-6180 or crd@alachuacounty.us

A Word Of Caution

If you are not currently participating in a regular exercise program, or if you are over 35 years of age, you should consult your doctor before beginning your *Trek* or any other exercise program.