



**ELF**  
Embrace Life Fully

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Health Promotion Programs  
for Faculty & Staff

**Step-the-System Program (Your Cost: Free!)** Begins April 1<sup>st</sup> and ends November 30<sup>th</sup>.

It is widely known that walking is good for us. In addition to physical benefits, walking provides stress release and can help promote emotional well-being. To help you reap these benefits, the **Step the System program** counts steps instead of miles. **Step the System Informational Sessions (registration not required) will be held as follows:**

Campus	Date	Time	Location
Granite State College	March 3 <sup>rd</sup>	Noon to 1	Room 103 Concord.
Keene State College	March 4 <sup>th</sup>	Noon to 1	Room 309, Student Center
University of New Hampshire	March 5 <sup>th</sup>	Noon to 1	Room 330-332, MUB
Plymouth State University	March 7 <sup>th</sup>	Noon to 1	Student Center Room, HUB
University of New Hampshire – Manchester	March 14 <sup>th</sup>	Noon to 1	Room 255
System Offices	March 18 <sup>th</sup>	Noon to 1	Dunlap Center, Conference Room

At the informational session we'll provide you with a free pedometer (which counts your steps) and details about the Step the System Program. In addition, there will be four lottery drawings at the completion of the program. The drawings will be for \$250 gift cards from one of the following vendors: Barnes & Noble, Borders, Home Depot, Lowes or LL Bean.

If you're unable to attend a Step the System informational session, program information and enrollment materials are available online ([www.usnh.edu/hr/pdf/2008-StepTheSystem\\_packet.pdf](http://www.usnh.edu/hr/pdf/2008-StepTheSystem_packet.pdf))

For general inquiries or to request a Step the System packet please e-mail Debbie Wood at [debbie.wood@usnh.edu](mailto:debbie.wood@usnh.edu)

**Note: If you're a Harvard Pilgrim subscriber you can participate in the [Wellness Connection Program](#) in conjunction with the Step the System Program.** The Wellness Connection rewards you for participating in regular exercise and physical activity. **For each month that you work out 30 times you can submit an [activity card](#) and receive a [prize](#) for working out.**