

Town of Tolland  
Employees

# Join the 2012 10k-a-Day Challenge



*Purchase from Be Well  
for the  
employee discounted  
price of \$10*

- Pedometer can be placed in a pocket!
- Each step tracker keeps a tally of the number of steps taken, distance traveled and calories burned and displays them on the digital screen, helping you reach your daily goal.
- You can even set a goal for the day and the pedometer will graph your progress as you go!
- Plug the USB drive into your computer and upload your workout data to the website provided. (feature is available on each pedometer, but optional for you to use)
- The pedometer can hold up to a week's worth of memory.
- The accelerometer sensor monitors movement from all angles for the most accurate readings.
- Includes a lithium button-cell battery and wrist strap so you can take your show on the road.

## 2012 10k-a-Day Club

Join the 2012 Be Well walking challenge and start walking your way to better health!

**The goal is to walk 10,000 STEPS each day, one step at a time. Start where you are and challenge yourself to find ways to increase your number!**

> You can use your own pedometer or purchase this high-quality pocket pedometer from Be Well

> The Club has no meetings, just provides you with tools, resources, and encouragement to walk a little more each day. You are asked to report back to Be Well each month through May 2012 to let us know your average number of steps.

[Join HERE](#)

Or contact Be Well

860-429-3361 [be\\_well@ehhd.org](mailto:be_well@ehhd.org)