



Get Moving!

The Results are In!

And the winners are..... You'll have to keep reading to find out.

Well our first pedometer challenge is completed and everyone did an excellent job. The wellness committee would like to thank everyone who participated and we encourage more employees to participate in our second pedometer challenge.

Lets all get motivated to walk and maybe challenge others in your own office to see who can get the most miles. The following are all who participated this round:

- Kathy Lust
- Krystal Bruton
- Rachel Siracuse
- Amanda Mycock
- Doug Kellogg
- Kathy Crowder
- Emily Burt
- May Wheaton
- Erin McBride
- Teri Kinney
- Dave Wermuth
- Gloria Martinez

It was very inspirational how some employees made an extreme effort and continue to do so to get up and get moving. The amount of steps taken by some where awesome. I can tell you that it is very exciting to be able to tell WCIF (Washington Counties Insurance Fund) and WHF (Washington Health Foundation) of our accomplishments. I believe that the efforts put forth by all who participated will increase our chances at a better grant next year.

Remember with more grants received we would be able to offer more to our employees. That being said please participate in the pedometer challenge regardless of your activity level. The challenge is not only for all of us to GET MOVING but also so that we can show we are working on establishing our Wellness Program through the County.

And without further ado.....

The Results are:

- 1st Place: Kathy Lust with 237,532 miles winning 8gb iPod
- 2nd Place:: Rachel Siracuse with 196.36 miles winning \$100 Gift Card
- 3rd Place Emily Burt with 187.35 miles winning \$50 Gift Card.



The total miles walked by the county was 1810.608.

Congratulations to our 1st, 2nd and 3rd Place winners.

Special points of interest:

- Try going to Myshape.com you put in your measurements and they let you know your body style and what types of clothes you should buy. It is fun to see what clothing comes up. Make sure to have a measuring tape. I did this at home and was surprised to see what they suggested. The examples they gave me really change the way clothes look on me.

Summer Playlist



Want to relax to some soulful tunes? Get rid of your easy-listening music or edgy new rock. 'Tis the season to fill your MP3 player with tunes that transport you to summers past. Here's what's playing

on iPods this summer:

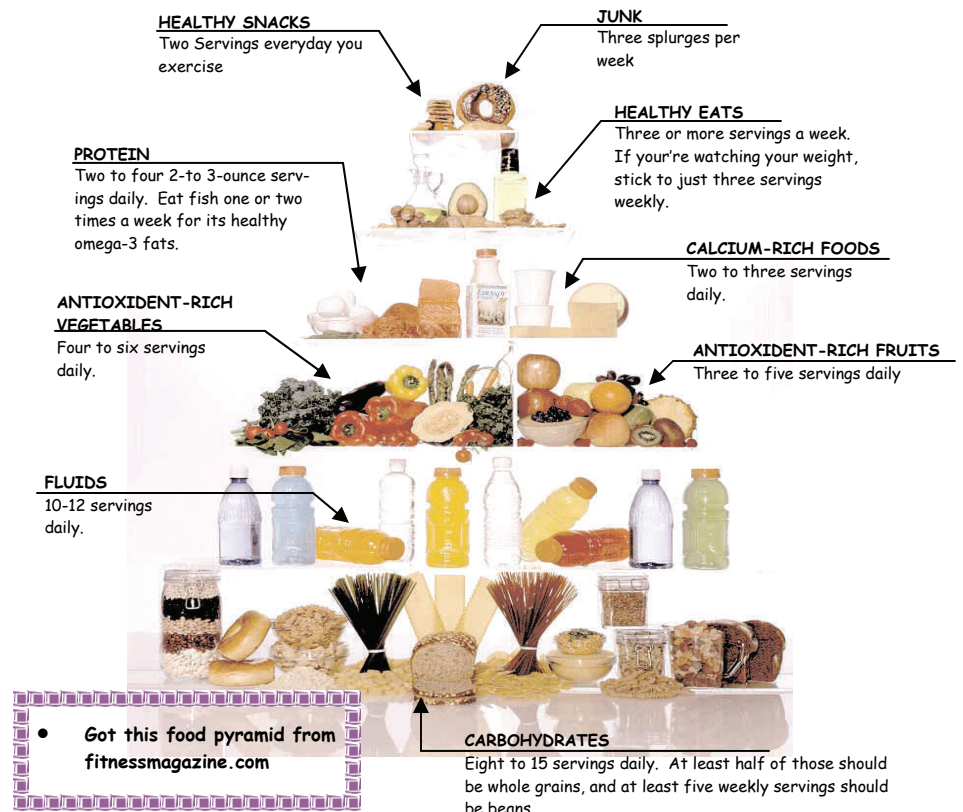
- Summer in the City *Lovin'Spoonfuls*
- Heat Wave *Martha Reeves and the Vandellas*
- All I Wanna Do *Sheryl Crow*
- Maggie May *Rod Stewart*
- Vacation *The Go-Gos*

- In the Summertime *Mungo Jerry*
- The Boys of Summer *Don Henley* —or the *Ataris* for a new(er) twist
- Summer of Love *The B-52's*
- Hot Stuff *Donna Summer*
- Rock the Boat *The Hues Corporation*
- Cruel Summer *Banana-rama*

Ferry County Wellness Program

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To sustain and improve the health and productivity of Ferry County Employees



Attention, Walkers:

How to Ease Into Running



Ease into running—and double your calorie burn—with this streamlined plan.

Getting started. Warm up your joints and muscles before each running session with an easy 3 to 5 minute walk. Do each workout below 3 times per week for at least 3 weeks before progressing to the next level. Listen to your body: Moving on before you're ready can cause aches and pains.

Weeks 1 through 3. After every 3 to 5 minutes of walking, run for 30

seconds to 2 minutes; repeat for a total of 30 minutes. Not into numbers? Run until you're tired, then walk until you're bored.

Weeks 4 through 6. Alternate 3-minute stretches of walking and running for a total of 30 minutes. If that leaves you winded, try cutting the intervals to 90 seconds, then gradually build up your time.

Weeks 7 through 9. Alternate running for 4 to 5 minutes with walking for 1–2 minutes; repeat for a total of 30 minutes.

Weeks 10 through 12. Run for 8 to 10 minutes, then walk for 1 to 2 minutes; repeat for a total of 30 minutes. Or run 1 mile, then walk for 2 minutes; repeat 3 times.

Week 13 and beyond. Try to run 30 minutes straight. If you have to take a midrun breather, don't despair. Keep trying, and soon you'll be sailing through your run, no walk breaks needed