

# Get Fit & Get Paid for it!



Don't want to pay the full medical premium?  
Rather have that hard-earned cash back in your own pocket?

**YOU CAN!**

Wanna look better?  
feel better?  
live longer?  
think clearer?  
worship heartier?



**YOU CAN!**



Wanna be more productive at work?  
less stressed?  
more fun to be around?  
a better spouse, parent, friend?

**YOU CAN!**

Increasing physical activity is the single-most effective thing we can do to improve our health.

## HERE'S THE DEAL

- Goal:** Walk an average of 6,000 steps per day six days a week, **OR** a minimum of 1½ walk/jog miles three days a week **OR** 2 aerobic miles four days a week.
- Reward:** Tons of philosophical, psychological, sociological and spiritual benefits **PLUS** receive a return of \$20.00 per employee and \$20.00 per qualified spouse on your personal health insurance premium for that month.
- Accountability:** Record your activity **AND** duration **AND** equivalent aerobic distance on the same day you exercise. Submit monthly Aerobic Training Log with your Worker's Report each month via fax or e-mail. Reports accepted up to one month past due only.
- Equipment:** One pedometer per family.
- Safety:** Medical/fitness exam as needed.
- Participants:** This deal is open to all ARKLA Conference insured employees and their ARKLA Conference insured spouses.

**GET WITH IT**

**GET FIT**

**AND**

**GET PAID FOR IT**



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## Aerobic Mile Chart

An aerobic mile is a measure of exercise energy expended that is equal to jogging one mile,

Activity	Minutes to equal one Aerobic Mile		
	<i>Easy</i>	<i>Moderate</i>	<i>Vigorous</i>
Aerobic exercise to music	30 min	20 min	15 min
Backpacking	15	12	10
Basketball	20	12	10
Bicycling	18	14	10
Canoeing/rowing	20	15	12
Cycling, stationary	16	13	11
Football, touch	20	15	12
Hiking, cross country & hills	20	15	12
Golfing, carrying bag or pulling cart	30	25	20
Jogging/Running 12-10-8 minute/mile pace	12	10	8
Mountain climbing	15	12	10
Racquetball, handball, squash	20	15	10
Skating	20	15	12
Skiing, cross country	17	12	8
Skiing, down hill	20	15	12
Soccer	15	12	10
Stair or bench stepping	15	13	11
Stationary bicycle	16	13	11
Swimming	24	16	12
Table tennis	60	30	20
Tennis	20	15	11
Volleyball	20	15	12
Walking, 24, 20, 15 min/mile pace	24	20	15
Weight training	30	20	15

Adapted from: Aerobic Mile Chart, Wellspring® Inc,

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# Aerobic Training Log

Refer to Aerobic Mile Chart to compute aerobic miles for each activity

Choose one of the following:

- Average 6,000 steps 6 days/week (no less than 4,000)
- Aerobic Mile Goal: 2 aerobic miles 4 days/week
- 1 ½ mile run/walk 3 days/week



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**Name**

**Month**

Reports are calculated from 1<sup>st</sup> of month to end of month.

Wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Wks Ttl
1								
2								
3								
4								
5								

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*Intensity and duration are important aspects of fitness, which will not be accomplished by incidental activity.*