

STEPPING OUT

***Step into Wellness with our
"Stepping Out" Program!***

**TAKE THE FIRST STEP TOWARD A HEALTHIER YOU!
LACE-UP, TRACK THOSE STEPS, AND LET'S MAKE THIS
WELLNESS JOURNEY MEMORABLE!**

Your good health is our priority, and we are excited to support you every step of the way.

PROGRAM HIGHLIGHTS

- 🏆 For every 50,000 steps, you are eligible for fantastic incentives!
- 📁 Collect all at once or after each milestone – the choice is yours!
- ☀️ Achieve a personal goal of 300,000 steps for a chance to win our grand prize raffle. Remember, only **one** lucky winner will be selected on October 31!

HOW TO TRACK STEPS

Choose the method that suits you best:

- 📱 Use your smartphone's built-in health app.
- 🕒 Utilize a smartwatch, or like device for real-time tracking.
- 🚶 Clip on a pedometer for simple and effective step counting.
- 📊 Use the provided Step Conversion Chart in your participant packet.
- 🔄 Explore other tracking options that fit your lifestyle.



***Stop by the Public Health front desk
to pick up your registration packet!***

YOUR JOURNEY TO WELLNESS BEGINS HERE!

INCENTIVES

MILESTONE *Incentive items are included, but not limited to:*

- 1 = 50,000 STEPS** Computer mousepad(s) - CTUIR Flag, Kúsi and Horseback rider, reusable snack bags, cup koozies, yard décor balloon spinners, mindfulness cards, aroma diffuser(s), exercise/food journals, yard dice, coffee mugs, and gloves.
- 2 = 100,000 STEPS** 24 oz Hydro Flasks, outdoor hammock, stove top popcorn maker, water bottle bags, Thera Cane self massage tool, Tupperware lunch sets, reusable shopping bags, Plateau Pictorial beadwork books and other AI/AN literature.
- 3 = 150,000 STEPS** 40 oz Hydro Flask, small Weber BBQ Grill, Stag/Doe wall art, Pendleton-Stanley pour over coffee set, Pendleton travel bag, 28 oz Hydro Flask insulated food jars, KRYPTTEK-Rife Cover.
- 4 = 200,000 STEPS** Pendleton duffle bags, Pendleton tote bags, 64 oz Hydro Flask, camping tables, Cordova lunch boxes, Pickleball set (1 net/2 paddles/2 indoor/2 outdoor balls), Pendleton towels, and Momostar cookware.
- 5 = 250,000 STEPS** Pendleton Blankets: limited edition Kúsi Blanket and CTUIR Flag Saddle Blanket, Quail Plume saddle blanket, beaded earrings, 45 qt. Outdoor Revival coolers, Outdoor Revival camping tent, Hooper 12 Yeti Cooler, Oregon Ducks corn hole board & Oregon State Beavers corn hole board.
- 6 = PERSONAL GOAL** *Grand Prize Winner! \$500 in Gift Cards*



Before picking up your incentives, present your Stepping Out log with the total step count documented in the comments section. Assistance is available upon request.

This program is brought to you by the Good Health and Wellness in Indian Country Program. For more information, questions or assistance, contact our program staff:

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