

2014 Gladstone Friendly Walking & Nutrition Challenge

Strive to Thrive

SAVE A SPOT FOR YOUR TEAM TODAY!

Strive to Thrive is a four-week friendly fitness competition amongst small teams of businesses, civic groups, churches, neighborhoods and other community groups within the City of Gladstone. We'll have two winning teams - the group with the highest average number of walking minutes (per participant), and the group with the highest average servings of fruits/vegetables consumed daily over the four-week program. We'll announce the winning team October 5th at the awards ceremony at the Team Spirit Scarecrow 5 K run. **The challenge will officially begin August 31st- September 27th.**

How it works

Strive to Thrive motivates you and your team to become more active while building community camaraderie. Together, over the four-week program, you and your team members will record the number of daily minutes dedicated to walking (or other aerobic activity) and the number of servings of fruits/vegetables consumed daily.



First, save a spot for your team today!

The Team Captain must pre-register with his or her email address and team commitment either on-line at www.gladstone.mo.us.

The City's website and pre-registration is now open.

Team members will be able to sign up after the registration process has been completed by the Team Captain.

After the team has been pre-registered (the Team Captain will receive an email confirming the team name) - the individual team members or their team captain may sign up the participating individuals on-line at www.gladstone.mo.us. Individual team members must sign up by August 29, 2014.

Each team member will then need to chart on-line: 1) their "dedicated" daily walking time (physical activity) and 2) the number of servings of fruits and vegetables eaten each day. (Team members who do not have access to a computer may use the **Strive to Thrive** Weekly Tracker form and provide the completed form to their Team Captain). By the end of the week, the Team Captain must record on-line their team members daily dedicated walking minutes and servings.

The City's website will add the minutes/servings of the team members and figure the average number of minutes walked and servings eaten versus those walked/eaten by other community teams. Each week, Gladstone will randomly draw a name (from those who have recorded their minutes and servings that week) for a prize. At the end of the four-week period, two winners will

be announced - the team with the highest overall average minutes walked and the team with the highest average number of servings!

All minutes walked and produce eaten from the previous week **must be recorded by 12 Midnight Tuesday** of the following week to be a part of the random prize drawing and to be tracked on-line for the City competition.

Who can participate?

All Gladstone community members and City employees may start walking in September and join in the fun – whether you're just starting your fitness program or are already an avid walker.

Strive to Thrive encourages team members to set their own pace by counting the number of minutes walked each day, while increasing their daily average number of fruit and vegetable servings eaten.

Why participate?

To enjoy the beautiful Fall season, and celebrate the City's many trails or to help jump-start your fitness program! Our Farmer's Market is open on Wednesdays from 2-6 p.m. at HyVee, providing more opportunities for fresh, local fruits and vegetables. Don't forget the new Happy Rock/Shoal Creek bicycle/pedestrian trail is located on the west side of the roadway from NE 72nd Terrace to Happy Rock Park and will connect to Metro Green to eventually provide over a 1,000-mile regional Greenway system of public and private natural areas and trails linking communities throughout the Kansas City Metropolitan area.

For many of us, our busy schedules make starting a physical activity program difficult. Work, family, and other responsibilities often crowd out time to do something good for ourselves. A lack of direction or motivation makes it even easier to let fitness slide, but *Strive to Thrive* helps us get back on track by making fitness fun with a bit of competition and community camaraderie.

What are the benefits of *Strive to Thrive*?

Improving dietary practices and increasing physical activities are major strategies for preventing many of the most common chronic diseases. Exercise can help you sleep better, improve your energy level, control your weight, cholesterol and blood pressure levels, reduce the risk for heart attack, stroke, type 2 diabetes, breast cancer, depression, colon cancer and osteoporosis and improve arthritis and back pain! Before you start any exercise program, however, you should check with your doctor or health care provider.

In addition to the health benefits of starting or reinforcing a nutrition program and walking routine, participants can win random prizes and take pride in their community.

How do I get started?

Form a team! Invite your friends, co-workers, and neighbors to join the four-week challenge. Studies show that you're more likely to succeed at new behaviors if you "buddy up" with someone. Choose a Team Captain and register on-line at www.gladstone.mo.us or complete the attached team pre-registration form.

Save a spot for your team today!

----For those without Internet Access: Please complete and return this form----

Strive to Thrive

TEAM PRE-REGISTRATION Form

✓ Yes, sign up our team for the 2014 Community Fitness Challenge!

✓ I'm the Team Captain for _____ (team name)

located at _____ (address) and am willing to sign up and log
minutes for team members who do not have access to a computer.

Please print:

My Name: _____

My Email Address: _____ Phone: _____

What would you like your password to be: _____

**Return this form to the Gladstone City Hall, Community Center,
or via the City Hall drop box by 5 pm, August 27, 2014**

**Or visit our website at www.gladstone.mo.us
to pre-register your team.**

*Walking at least half an hour, six days a week,
can cut mortality rates from heart disease in half.*

– Cooper Institute for Aerobics Research

