

# WALK 10k



May 8-14, 2023

## 2023 MFA Week Challenge

**Congratulations! You have registered your facility to participate in the 2023 WALK10k Challenge. You will find the directions listed below to aid in implementing the program in your facility. We hope this program increases the activity levels of your facility members and community throughout the week.**

### FACILITY INFORMATION

- 1) All of the documents for the program can be modified to suit your facility. You may insert your logo and adapt the log sheet to your facility's MFA Week Programs.
- 2) Determine if you will be providing pedometers or if participants are required to use their own Pedometer or wearable device.
  - a. If the facility is providing, set up a day/location to distribute, or distribute upon enrollment into the program.
- 3) Optional: Organize activities throughout the week to coincide with the walking program.
  - a. For example, a daily walk, health fair, special group fitness classes.
  - b. For additional marketing, add these special events/classes onto the log sheet, under each date as shown below.

[Day, Month Date] Total Steps	
[Day, Month Date] Total Steps	

- 4) Prizes – Determine if every participant gets a prize or if all who finish will be entered for a prize drawing.
- 5) Fees – Determine if your program is going to be free or have an associated fee.
- 6) If you are raising money for a charitable cause, revise the flyer to include that information.
- 7) Go the MFA website [www.medicalfitness.org](http://www.medicalfitness.org) to download flyers, banners, conversation chart and the WALK10k log sheet.
- 8) Track your participation to share your results with MFA. Join other facilities by sending Medical Fitness Week Walk10k updates and photos to #MFWwalk10K.