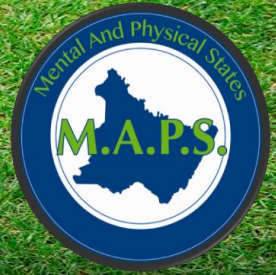


# HOME RUN FOR HEALTH

## STEP UP TO THE PLATE!



Swing for the fences and join Westmoreland County's brand new baseball-themed pedometer challenge. The Home Run for Health is a nine week pedometer challenge (like nine regular innings in a baseball game!) that promotes physical activity AND is a MAPS qualifier. **You'll also be eligible to win Pirates baseball tickets!**



### Challenge Dates:

Registration: June 26, 2019

Challenge: July 1, 2019 through August 26, 2019

### How to Register

Register for Home Run for Health at the following link:  
<https://www.surveymonkey.com/r/926GVQD>



### How it Works

The challenge runs for nine weeks. Each week will be one inning. For every 10,000 steps you reach in the inning, you receive one (1) home run.

Proof of physical activity (steps) will need submitted in the form of a report from an activity tracker such as fitbit, apple, android, or any other activity tracker that records your daily steps. If you have a pedometer that does not provide a weekly report, you may take a daily picture of the activity tracker that shows step count and the date. Weekly reports need submitted every Monday for the preceding week (Monday through Sunday). Your reports can be emailed to [abevan@co.westmoreland.pa.us](mailto:abevan@co.westmoreland.pa.us) or printed and submitted to Human Resources.

### That's a steal!

Need incentive to play hard? Every home run earns you an entry into a drawing for prizes for that inning. In addition, the individual with the most home runs at the end of the game will win pirate tickets.

**Batter up!! Let's see how many home runs Westmoreland County can achieve!**



**Questions?**

Contact Alexis or Suzi at [abevan@co.westmoreland.pa.us](mailto:abevan@co.westmoreland.pa.us) and [SSACCANI@co.westmoreland.pa.us](mailto:SSACCANI@co.westmoreland.pa.us)

