Five reasons to participate in the CDPHP® Workforce Team Challenge

1. **Healthy steps.** Regular exercise has many benefits, including disease prevention, weight management, stress reduction, and more.

2. **Motivation to get fit.** The date is set for you. Use it as a milestone to achieve your weight and fitness goals.

3. **Camaraderie.** Get to know your fellow colleagues better and expand your network.

4. **Bragging rights.** You'll be part of the largest annual road race between Utica and New York City. That’s something to be proud of!

5. **Community support.** Partial proceeds from the 2015 race – and participants’ donations – will benefit three charities of choice: The Brave Will Foundation, which provides services and support for children with life-threatening illnesses and their families; CEO, a local nonprofit organization that offers more than 20 programs designed to help people gain self-sufficiency and independence; and The Food Pantries for the Capital District, a coalition of 53 food pantries in Albany, Rensselaer, and Saratoga counties working together to feed the hungry.

Contact Christina Lowery, Commons Dining Hall - first floor, at ext. 6284 or lowerc@rpi.edu to register today.

Learn more about the CDPHP Workforce Team Challenge at [www.cdphpwtc.com](http://www.cdphpwtc.com).

**Don't want to run?** If you prefer, you can walk the Workforce Team Challenge. Either way, you’re taking important steps to improve your health.
Team Up for Your Health

Tips for a Successful Exercise Program

► Use the buddy system. Ask a colleague or friend to exercise with you.
► Pick a start date you can commit to.
► Choose physical activities that you enjoy. It doesn’t have to be the same activity each day. Variety can help you stay motivated.
► Try to exercise at the same time each day so it becomes a part of your regular routine.
► Wear comfortable clothes and shoes.
► Start slowly – don’t overdo it!
► Pace yourself during each workout.
► Stay hydrated. Drink lots of water before, during, and after each exercise session.

DID YOU KNOW?
In just 1 hour of doing the following, a 154-pound person can burn this many calories:

- Walking at 3.5 mph pace = 280 calories
- Walking at 4.5 mph pace = 460 calories
- Running at 5 mph pace = 590 calories

A heavier person will burn more calories in an hour and a lighter person will burn less.

About the Workforce Team Challenge

Since 1980, thousands have gathered in historic downtown Albany for this classic 3.5-mile road race. From the CEO to the most recent hire, they come as colleagues, co-workers, and friends to make up the teams that represent enterprises throughout the Capital Region. Record turnouts of more than 9,500 runners and walkers representing 450 companies and organizations participated in the 2014 race.

Learn more at www.cdphpwtc.com.

Looking for a fun way to get ready for this year’s challenge?
Use CDPHP® InMotionSM, a powerful tool for tracking your fitness activities online or through your smartphone. Whether you’re walking, running, or going to the gym, InMotion lets you log it, track it, and analyze your results!
Visit inmotion.cdphp.com for more information.