



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 2017 race – and participants' donations – will benefit two charities of choice: the Boys & Girls Clubs of Albany and Vanderheyden. The Boys & Girls Clubs of Albany will use donations to support their **Healthy Habits and Positive Sprouts program**, which teaches healthy eating habits and how to grow produce and use it to prepare healthy snacks and meals. Vanderheyden will use donations to create **Sanctuary Trails**, a natural retreat nestled among the 80 wooded acres of the organization's Wynantskill property.

Mark Your Calendar!
2017 CDPHP® Workforce Team Challenge
Thursday, May 18, 6:25 p.m.
Empire State Plaza, Albany

Contact Cameron McLean, team captain, at (518) 276-8590 or mcleac2@rpi.edu or Lizette Degro at (518) 276-3444 or degrol@rpi.edu if you have any questions.

To register for or learn more about the CDPHP Workforce Team Challenge, please visit 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.



Rensselaer

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.

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.

Learn more at www.cdphpwtc.com.



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.

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.

