

# Operations

Larry Robbins, Deputy Superintendent of Operations

## MEMORANDUM

**DATE:** February 10, 2012  
**TO:** All District Staff  
**FROM:** Larry Robbins, Deputy Superintendent of Operations  
**SUBJECT:** ***Start! Walking Campaign – Year 6***

The District Wellness Committee is promoting the *Start! Walking Campaign* as a District Sponsored Event that qualifies as an activity to help you meet one of the 3<sup>rd</sup> quarter requirements for the Wellness Program.

In keeping with the Wellness Committee's health movement and using what we have learned these past six years from the many different wellness activities, Topeka Public Schools is once again proud to partner with the American Heart Association's ***Start! Walking Campaign***. For those of you who participated in the past, you know all about the program and the health benefits received by participating. For those who are new to the District and/or to the program, here is important information for you.

The AHA's ***Start! Walking Campaign*** is a physical activity program to fight heart disease and stroke by getting people moving through workplace walking programs. Participating in this program can significantly improve your health.

- According to a Harvard University study, you will gain one hour of life expectancy for each hour of regular exercise, even if you don't start until middle age.
- Brisk walking for as little as 30 minutes a day can bring heart-health benefits and reduce your chances for stroke by lowering bad cholesterol (LDL) levels and high blood pressure.

By making physical activity part of your everyday life (walking on your break, at lunch or even during a quick meeting with a colleague), you can begin to see other benefits. They include:

- Help keep weight under control.
- Prevent bone loss.
- Boost energy level.
- Manage stress.

The District's Wellness Committee introduced this program in the 2006-07 school year. Since the program started, participants have logged a grand total of **465,132.55 miles!!** This year it would be great if we could get everyone to participate and walk at least 200,000 miles! TPS is still the largest business in Topeka with the most participants and miles walked, so let's keep our record and our "1<sup>st</sup> place rating" again this year! Can we do it? Sure we can!!!!

If you are interested in participating in the *Start! Walking Campaign*, each building needs to select a building leader and let my assistant, Karen Moore, know by Monday, February 20 at 295-3063 or [kmoore1@topeka.k12.ks.us](mailto:kmoore1@topeka.k12.ks.us). Once you have selected your building leader, make sure to sign up with them and start walking and counting those miles beginning Thursday, March 1. It is fun and rewarding to be your building's leader, with very little extra work involved. Participating in the *Start! Walking Campaign* is fun and rewarding in many ways, but most of all health-wise – and **most importantly – will be a qualifying event to meet one of your 3<sup>rd</sup> quarter Health Insurance Premium requirements.**

This year's ***Start! Walking Campaign*** is scheduled for kick-off on **March 1 and will end on March 31, 2012 (4 weeks)**.

Unfortunately, we do not have any pedometers to give out this year. However, you can purchase inexpensive ones at Dollar Tree that will keep accurate miles for you, or if you want a pedometer that gives you other read-outs, you will find them at Walmart, K-Mart or any sporting goods store.

Attached is a chart that will help you convert other physical activities you do into steps to add to the miles you walk. If you have any questions, please talk with your building leader. They will be able to assist you in whatever you may need.

The Health Insurance/Wellness Committee encourages and challenges every District employee to participate in this year's *Start! Walking Campaign*. Four weeks is just a beginning – we want to keep the walking program and many other wellness programs continuing on an ongoing basis. To do that, however, we need you to participate in them! Let's continue to show the City of Topeka that Topeka Public Schools is the healthiest District in Topeka!

Let's ***Start! Walking!***

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Attachments