

Getting Registered for the Incentive Program!

The LindenWell Program is using the website “10,000 Steps” to help log daily physical activity. In order to enroll in our Incentive Program, follow the below steps.

STEP 1:

Go to: <http://www.10000steps.org.au/> (mark as a “favorite” for future use)

STEP 2:

Email aalameda@lindenwood.edu or lindenwell@lindenwood.edu and let the wellness coordinator know you have registered.

STEP 3: The wellness coordinator will add you to the LindenWell Employee Team!

STEP 4: Begin logging on each day to log daily physical activity. You can log physical activity using your “Step Log”. Activity can be entered in “steps” using your pedometer, entered as “minutes per day” or both!

The goal is to improve the amount of physical activity in which you participate throughout the program!

You will receive **\$5,000 Well Bucks for joining** the LindenWell Employee Team!

You will receive **\$25,000 WellBucks for updating your Step Log** through the incentive program (Oct 1st – April 1st)