

# HEALTH TREK 2010 RULES:

Faith Regional Health Services

- 1.) If you have not been exercising regularly, please contact your health care provider before beginning an exercise/fitness program.
- 2.) Health Trek is open to ALL businesses, groups and individuals in the Norfolk area.
- 3.) An individual may be a member of one team only. Teams must consist of either 3, 4, or 5 members.
- 4.) All money **MUST** be turned in along with the completed registration form. **Teams will only be accepted with a complete registration form.** Registration deadline is Friday, **April 16, 2010**. Please make checks payable to *Faith Regional Health Services*.

If dropping off registration form, bring to:

Faith Regional's Health Resource Center (located in the Medical Offices WEST/Carson Cancer Center building). 110 N. 29<sup>th</sup> St., Norfolk, NE 68701  
Hours are Monday - Friday from 8:00am - 5:00pm

If mailing registration form, send to: Faith Regional Health Services  
Health Resource Center  
PO Box 869  
Norfolk, NE 68702-0869.

- 5.) Designate one person as your team captain. The captain is responsible for totaling and reporting the points at the end of each week. If the team captain is unable to report, then another team member should be designated to take care of reporting. The weekly competition will run from MONDAY thru SUNDAY. Individual points should be reported to the captain on Mondays. The captain will report their team scores each Monday by 4:00 p.m.
- 6.) This is an "On Your Honor System" program. **You are only cheating yourself if you are not honest in recording your points.**

- 7.) Remember each individual can earn 1.5 points for utilizing Faith Regional's Health Resource Center each week during Health Trek. The Health Resource Center is the hospital's health information library. We invite you to stop in and see our extensive collection of books, videos, and print information. Our Center is open Monday - Friday from 8:00am - 5:00pm and is located in the Medical Offices West/Carson Cancer building which is directly WEST of the hospital. **The Health Resource Center is available year-round and free of charge.**
- 9.) Teams will have the option to participate in answering optional health-related trivia questions. Trivia questions will be sent out via email on April 26th and on May 10th. There will be 5 questions worth 4 points each for a total of 20 points each time. This exercise is to allow members to become better acquainted with credible health websites and to learn about facts/information they may not have been previously aware of. The points awarded are TEAM points; therefore, points awarded will be added to the team's total by Health Trek.
- 10.) There will be two opportunities for teams/members to gather during Health Trek.

We will have a Health Trek Poker walk on May 4th from 5:30pm - 7:00pm at Skyview Lake Park. This is an optional activity; however, I hope to see as many Health Trek members as possible showing their support for each other's efforts. We will have prizes for top hands as well as several randomly drawn prizes from all Health Trek members that choose to participate in the walk. You will be awarded 20 individual points for taking part in this group walk (in addition to those that you earn from the actual exercise and/or exercising with family/friends & team members). The Poker walk check-in will be located on the North side of the lake at the picnic shelter next to the playground area.

We will also have our annual Health Trek seminar entitled, "Common Sports Injuries" by Certified Athletic Trainer Jenni Aschoff on 4/26/10 from 12:00pm - 1:00pm and 4/27/10 from 6:00pm - 7:00pm in the Nebraska room at Faith Regional's west campus. Due to space limitations, only the first 120 participants that register for each session will be accepted. You will receive 20 individual points for attending the seminar.