

KIDDE Walk 'n Win

Family Walking Incentive Program



Walk 'n Win is an exciting voluntary fitness incentive program for all Kidde employees, their spouses and children.

As a member of the program, you will receive valuable incentives as you walk your way to fitness. Participants are eligible to earn prizes whether they walk at home, school or work, walk on their own, walk with a buddy or walk as a family. Simply track the time you spend walking each day and you are eligible to receive incentives for your walking efforts.

Free Pedometers

To track your walking minutes, free pedometers will be given to participants as follows:

Employee	1 Pedometer
Employee & Spouse	1 Pedometer
Family of 3 or more	2 Pedometers

How Can I Join?

Simply complete the registration card on the right hand side of this brochure, and return it to your local Human Resources Representative.

Why Walking?

Walking is the number one exercise in America. According to the *President's Council on Physical Fitness and Sports*, walking is the most popular exercise among adults over age 18. Walking is fun, essentially injury-free, and can be performed any time anywhere.

Walking Benefits

A regular walking program has many physical and psychological benefits. Regular brisk walking:

- ♥ Improves heart and lung efficiency.
- ♥ Helps relieve stress, promoting a general sense of well being.
- ♥ Improves overall muscle strength, endurance and flexibility.
- ♥ Helps strengthen bones and prevent osteoporosis.
- ♥ Improves digestion and elimination.
- ♥ Promotes weight loss and weight control.
- ♥ Fitness walking burns the same number of calories as running or jogging a comparable distance.

Before You Begin

♥ **Before you begin a walking program, be sure to consult your primary care physician for medical clearance.**

To Register

Please complete this form, and return it your local Human Resources Representative.

Yes, please register me for *Walk 'n Win*

As a member of the program, I agree to keep a record of my walking minutes so that I am eligible to receive incentives for my walking progress.

Name: (Please print)

Company name:

I understand that the Kidde *Walk 'n Win* program is completely voluntary, and I am under no obligation to participate.

Walker's signature and date:

Walk 'n Win is co-sponsored by CIGNA Healthcare. As your health care partner, CIGNA Healthcare is pleased to assist you in your efforts to improve your health and fitness.

To show their support, CIGNA has put together a complimentary walking resource kit. The kit contains information on how to start a walking program safely, walking for weight control charts, and tips to help you stay motivated as you walk your way to better health and fitness.

The kit also contains log sheets to keep track of your walking minutes and your progress.

Please Note:

Minutes leisurely walked throughout the course of the day at work or at home *should not* be recorded or counted on your *Walk 'n Win* log sheet. Such walking is not considered fitness walking for the purpose of this program.

Time Line

- Session 1** Begins May 1
Ends June 25
- Session 2** Begins June 26
Ends August 20
- Session 3** Begins August 21
Ends October 15

Please note:

You can join the program at any time. However, for determining your walking minutes and applicable incentives, you must start at session 1 when you first begin.

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For More Information

If you have any questions about *Walk 'n Win*, or to receive your CIGNA complimentary walking kit, please contact your Human Resources Representative today.

About Incentives

Record your walking minutes on the Kidde *Walk 'n Win* log sheet, submit the log to your HR Representative at the end of each session and you will be eligible to receive the incentives listed below.

Incentives increase in value as you keep earning them. Incentives will be awarded every eight weeks over a twenty-four week period. The program has been divided into three sessions.

Session 1: Complete 800 minutes

Walk a minimum of 800 minutes. Walk 3 to 5 times per week over an eight-week period for 15-30 minutes per day and you will receive:

- \$5 Wal-Mart gift card or
- \$5 HOME Depot gift card

Session 2: Complete 1,000 minutes

Walk a minimum of 1,000 minutes. Walk 3 to 5 times per week over an eight-week period for 30 minutes or more per day and you will receive:

- \$10 Wal-Mart gift card or
- \$10 HOME Depot gift card

Session 3: Complete 1,200 minutes

Walk a minimum of 1,200 minutes. Walk 3 to 5 times per week over an eight-week period for 30 minutes or more per day and you will receive:

- \$15 Wal-Mart gift card or
- \$15 Home Depot gift card

Grand Prize Drawing

Names of *Walk 'n Win* members who complete the entire 24-week program will be entered into a grand prize drawing. **Three winners will receive:**

- A \$100 American Express gift certificate

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A Business of Caring.