Physical Activity

And the Winners Are...

GRAND PRIZE: Ashley G. (Library) – 27,000 steps/day
“I started my day out by going to the Y and walking between 3-4 miles. I then walked during my breaks either outside or in one of our meeting rooms here at the library if it was available. I go to boot camp a couple of days a week after work. I also would go on an evening walk with either my husband or Melissa E. (or sometimes both separately) both of whom kept me motivated throughout the challenge.”

2ND PLACE: Clara P (HHS) - 23,000 steps/day
3RD PLACE: Melissa E (Admin) – 21,000 steps/day

Thanks to everyone for participating in the Fitbit Step Challenge! The top three winners were awarded based on total steps in the month of April; additional prizes were awarded by a random number drawing.

Cool Down Towel
Ashley M. (HHS) / Jim (HHS) / Cindy C. (Clerk of Courts) / Abbe E (HHS)
Lindsey S (HHS) / Julie M. (HHS) / Rachel D. (HHS)
Laura B (Library West Salem) / Abbie L (HHS) / Tammy T (HHS)

Stress Dumbbell
Joe K. (LEC) / Teresa N. (LEC) / Jenny Roo. (HHS) / Matt S. (Hillview)
James P. (HHS)

Camelback Water Bottle
Angela K (Admin)

Employee Wellness Performance T-shirt
Lynn T (HHS)

Yoga Mat
Andy P. (Hillview)

Foam Roller
Gina S. (Hillview)
TAKE 10,000

What: June Step Challenge. Average at least 10,000 steps per day during the month of June to be eligible for one of 15 prize drawings!

When: June 1st – June 30th

Three ways to participate:
1) All 96 employees who have already joined the La Crosse County Fitbit Community Group will be automatically entered in the challenge!
2) Join the Fitbit La Crosse County Community Group. Just send the e-mail you used to register your Fitbit to Tiffany Lein and you will be invited to the group.
3) E-mail or interoffice mail a copy of your monthly step log, dashboard, etc. to Tiffany Lein by July 5th that shows your average number of steps during the month of June. Any type of fitness tracker can be used!

Prizes:
• Cool down towel (5) & stress dumbbell (5)
• Camelback water bottle (2)
• Employee wellness performance t-shirt (2)
• Foam roller (1)

Still need to purchase a Fitbit?
La Crosse County is AGAIN offering a partial Fitbit reimbursement for all county employees who have not been reimbursed already this year! Each employee will be eligible for up to a $40.00 reimbursement for the cost of a newly purchased Fitbit purchased between May 15th – June 30th!

How do I get reimbursed? Email or interoffice mail the following information to Tiffany Lein by June 30th:
1. Name
2. E-mail used to register the Fitbit (we will use this e-mail to invite you to our community group)
3. Copy of the receipt

Reimbursement is allowable for the product only, this does not include tax, shipping etc. By sending in the above information, you understand that you will receive a $40 reimbursement for a Fitbit which will be added to your gross income at the end of the year (November or December). This also means that taxes on the $40.00 will be automatically taken from your paycheck at the end of the year (November or December).