



Benefits of Walking

According to a study published by the American Journal of Epidemiology, just 30 minutes of physical activity a day can counteract a day of sitting. Another study from Columbia University found that just five minutes of walking every 30 minutes can offset some of the more harmful effects that come from sitting for extended periods of time, such as the increased risk of heart disease, high blood pressure and diabetes.

Tough Mudder 10K Event

The **Tough Mudder** event is coming to the Twin Cities area in July. Join your Cretex teammates in this 10K challenge on Sunday, July 9th.

- Cost is \$139.00 per person
- Register soon as spots are filling up!
[bewell.cretex.com/toughmudder0723](https://www.cretex.com/toughmudder0723)



*If you do register, send a screenshot of your registration and tshirt size to amanda.gaertner@cretexmedical.com.

Fitness Resources

Use the below link to view resources available on the Be Well website to support you and your family!

<https://www.cretex.com/physical-fitness-activity-tracking/>

FEATURED ACTIVITY

Steps Around the World

Throughout the month of July, we are aiming to reach 20 million steps across our organization and we need your help! If we reach 145 participants and each person gets 4,500/day we will reach our goal of walking around the world!

How to Participate:

Log into the Marathon Health Portal

1. Click on the "Incentive & Wellness" tab
2. Click on "Challenges"
3. Locate the Step Challenge and click the button to Record Steps



NOTE: To be eligible for the incentive, you must track at least 150,000 steps in the month of July.

HealthPartners Frequent Fitness

Don't forget: All Cretex employees are eligible to receive a monthly **\$20** reimbursement if you workout at an eligible gym 8x per month.
<https://www.healthpartners.com/fcp/frequent-fitness/>

Additional Tools

Want to track your steps but don't own a step counter? Track your time and activities, then convert them into steps utilizing the resources listed here:



<https://blog.mypacer.com/convert-activity-to-steps/>



<https://www.wellable.co/activity-converter>



Scan here to track your steps!



my.marathon-health.com