



NOTE: Participation in the Governor's Cup 5K is available to all employees (including Delaware Transit Corporation) regardless of benefits eligibility.

This newsletter is published by the State of Delaware Statewide Benefits Office.
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FUN - FELLOWSHIP - PHYSICAL ACTIVITY

2017 GOVERNOR'S CUP



Off-Site Participation

There is no limit on the number of off-site participants
Walk, jog or run 6,400 steps throughout the workday — roughly the equivalent of a 5K

We have reached our limit for pre-registrations for the on-site event; however, you can still be part of all the great Governor's Cup fun, camaraderie and activity by registering for the **off-site option**. To complete the Governor's Cup **Off-Site 5K**, we ask that during your work or school day on Tuesday, October 17 you walk, jog, or run 6,400 steps, roughly the equivalent of a 5K. You can do this all at once or by various means throughout the day. Count your steps using health and wellness apps on mobile devices, electronic tracking devices, such as Fitbits and Garmins, or with any traditional pedometer. To enhance your off-site participation, consider creating an off-site team for your work location or school.

As an off-site participant, we encourage you to share your success (i.e., the number of steps achieved or a photo in action) on your own social media channels by using #GovCup17.



Call To Action

- ➔ Learn more and register today as an off-site participant at www.GovernorsCup5K.com. The last day to register is October 16.
- ➔ Have questions or need a reasonable accommodation? Email the Division of Public Health at govcup5k@healthydelaware.org.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Health Promotion and Disease Prevention