

Think healthy. Act healthy. Stay healthy.

# SoundLivingnews

MARCH 2007

## Congratulations, Walkers!

The Get Fit & Eat Healthy Walking Challenge has come to an end. Congratulations to all of you who participated and helped make this challenge a success.

Success is in the numbers—**49** schools participated.

**424** faculty and staff walked a total of

**218,521,390**

steps, or traveled

**109,261**

miles—

the same distance as going  
around the equator a little  
over four times!

### Grand Prize Winner...

**Arlington Elementary** won the **District-wide Grand Prize**—a free healthy lunch for all faculty and staff. Arlington's 22 participants walked 9,785,029 steps—an average of 444,774 steps.

### Pilot Program Winner...

The **Pilot Program Grand Prize** winner is **Stewart Middle School**. The participating faculty and staff will enjoy a free weekly chair massage onsite from February 2007 through June 2007. Stewart's 47 participants walked 42,974,981—914,361 average number of steps. See reverse for more winners.

**Get fit &  
Eat healthy**  
Walking Challenge



# More Walking Challenge Winners...

Congratulations to all **Milestone Reward** winners who each walked 286,000 steps—143 miles (the number of steps it takes to walk from Tacoma to Portland) and received a Get Fit & Eat Healthy t-shirt. All winners will be posted on the *SoundLiving* website at [www.tsp-soundliving.com](http://www.tsp-soundliving.com), so check it out.

## Congratulations Pilot Program Winners!

All Pilot Program participants put in a great effort.

**Gray Middle School's** 54 participants walked 46,360,072 steps—858,520 average number of steps.

**Transportation's** 42 participants walked 30,453,087 steps—725,074 average number of steps.

**Gault Middle School's** 33 participants walked 20,568,319 steps—623,282 average number of steps.

Congratulations to all **Milestone Reward** winners who each walked 67,600 steps (33.8 miles), 246,000 steps (123 miles), and or 586,000 steps (293 miles). All **Milestone Reward** winners will be posted on the *SoundLiving* website.

**Johnnie Grady** from Gray Middle School won the \$100 Costco gift certificate for walking the most steps—1,747,476.

The following individuals were randomly selected to win an assortment of prizes:

- **Zenaida Slem** at Truman Middle School won a 14" television.
- **Anna Rhoades** at Gray Middle School, **Aggie Cozine** at Stewart Middle School and **Mary Margaret Kinsey** at Wilson High School each won an electronic toothbrush.
- **Mary Gustafson** at Arlington Elementary won a DVD player.
- **Jennifer Paulson** at Hunt Middle School won a Nike watch.
- **Christen Simon** at Giadrone Middle School, **Wany Son** at CAB, **Linda Harris** at Stewart Middle School and **Rue Palmer** at Remann Hall each won a pedometer.
- **Tina Isakson** at Whittier Elementary won a heart-rate monitor.

The following 10 individuals were randomly selected to win three sessions with a personal trainer and a year membership to Bally Total Fitness:

- **Marycarol Treleven**, Manitou Park Elementary
- **Laurie Burns**, Gault Middle School
- **Charles Bingham**, Gray Middle School
- **Roni Dordel**, Stewart Middle School
- **Jennifer Burnham**, Mann Elementary School
- **Sandra Woods**, Stewart Middle School
- **Teresa Hefley**, Gray Middle School
- **Susanna Kelley**, Transportation
- **Valerie Brown**, Gault Middle School
- **Chantana Yuong**, CAB

## Coming Up 2007

The Sound Partnership will be moving ahead in 2007 to offer the next phase of health and wellness education, with a focus on health and nutrition.

Just because the walking challenge has ended, we still want you to **walk on**. We hope that the walking challenge has encouraged you to become a lifelong exerciser!

walk on . . .

