



Take Advantage of the Elevator Renovation as a time to *GET FIT!*

Participate in our Employee Wellness

Marymount Steps Up To Wellness: "Ain't No Mountain High Enough"

Simply track the number of steps UP you take every day. There are two ways to track your steps:

- Log on to the Marymount Steps Up to Wellness link on the Marymount Hospital Wellness website on the new intranet under Employee Services and log your steps.
- Keep track of your steps on the "Ain't No Mountain High Enough" log. The hard copy of this log is available at the Rehab Services Department front desk.
- Log on to : <http://ntmsr19/walk/marymountsteps.aspx>

Participants using either the online tool or the hard copy will win a prize from Employee Wellness for climbing up the total number of landmark steps (133,046 steps in total)

A raffle (from all of the completed entries) for a grand prize will be awarded at the completion of the elevator renovation project

