

# Total Worker Health™ Poker Walk

Provides a fun way to encourage employees to take frequent breaks and be more physically active during the work day

## How it Works:

- Mark an indoor and/or outdoor walking route
- Pick 1-2 days to hold the walk
- Pick a dealer (TWH champion or director)
- Encourage workers to walk during their break or lunch or offer additional times during the game
- For each time they walk, they earn one card for their hand
- Employees must walk 5 times to earn a complete hand
- Employees turn in complete hands to the dealer
- All employees with complete hands earn points and/or a small prize
- Winners receive more points or larger reward
- Ties will be determined by a flip off or drawing
- See the dealer for questions

