

February 20, 2014

**To:** All ASI Full and Part-Time Employees  
**From:** ASI Wellness Committee  
**Re:** 2014 Miler's Club

We are pleased to once again offer membership in the Miler's Club for a sign-up fee of \$5.00 to all full and part-time employees. Please take a minute of your time to sign up now and take advantage of this fun and rewarding program. **Please fill out your preferred color of cotton scarf. A scarf is issued to all participants as part of your sign-up fee. If you would rather not have the scarf, you have the option of donating it to the Iowa County Food Bank as a part of their annual winter coat drive.**

The purpose of the Miler's Club is to reward individuals for their voluntary efforts to improve their health and well being. Exercise at your own pace and convenience and record your activities. Prizes will be awarded for reaching the following mile markers.

**150 MILES** An Amana Society \$25.00 Gift Card.

**300 MILES** An Amana Society \$50.00 Gift Card.

**450 MILES** An Amana Society \$75.00 Gift Card.

**600 MILES** An Amana Society \$100.00 Gift Card.

**750 MILES** An Amana Society \$150.00 Gift Card.

*A Certificate will be issued at each Mile Marker – but the dollar amount for the gift cards will be banked and issued at one time unless requested differently by each individual participant.*

**Please note: The dollar amount awarded may be subject to tax withholding on each individual's pay check; however, Employee Discounts can be used on purchases as described on the Employee Discount Cards.**

Only non-work related miles are eligible to be included in your Miler's log. Keep track of your miles on an activity log and use the activities conversion chart as a guide. The activity log must be completely filled in to qualify for your miles. Return your filled in form monthly, quarterly, annually or when a mile marker is achieved to Sheri Ward at the High Amana Farm Office.

Just a reminder, all full-time employees are eligible for \$150 reimbursement on the purchase of fitness related equipment, including running shoes, fitness videos, fitness center memberships, etc. Miler's Club participation is not necessary to be eligible for the reimbursement.

We hope you are interested in this program. Please return your completed enrollment form **with payment** by March 10, 2014 to Sheri Ward. You may begin tracking your progress as of January 1, 2014.

**2014 Wellness Committee Members:**

Cindy Bowen – Ext. 3432  
Angie Pereira – Ext. 7651  
Cheryl Wainwright - Ext. 7585

Amy Krotz - Ext. 7701  
Marlene Trumpold - Ext. 3432  
Sheri Ward - Ext. 7528

I acknowledge that my participation with this exercise program is strictly voluntary in nature with my \$5.00 enrollment fee and is in no way related to a condition of my employment. I am entering this program by my free will and assume all risks. I release Amana Society, Inc. for any and all injury or other damage, which might occur to me when participating in this program.

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Date

Signature

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Amana Society, Inc. Business

An Amana Miler's Club 2014 scarf will be issued to all paid participants:

**Scarf Color - Please Mark One**

**Cream**

**Cranberry**

**Hunter Green**

**Pewter & White Checkered**



\_\_\_\_\_ **Thanks, but no thanks. Please donate my scarf to the Iowa County Food Bank.**

**STRENUOUS ACTIVITIES**

AEROBICS OR FITNESS CLASS	20 MINUTES	1 MILE
BASKETBALL/VOLLEYBALL	60 MINUTES	2 MILES
BUILDING/REMODELING PROJECTS	60 MINUTES	1 MILE
CALISTHENICS	30 MINUTES	1 MILE
DANCING	60 MINUTES	1 MILE
ELLIPTICAL/CARDIO GLIDE	20 MINUTES	1 MILE
FREE OR UNIVERSAL WEIGHTS	20 MINUTES	1 MILE
HORSEBACK RIDING	60 MINUTES	1 MILE
HOUSEWORK (Vacuum, wash windows, Scrub walls, paint & wallpaper)	60 MINUTES	1 MILE
JUMP ROPE	20 MINUTES	1 MILE
MOW LAWN/SNOWBLOWER (PUSH)	20 MINUTES	1 MILE
PILATES/TAE-BO	20 MINUTES	1 MILE
RACQUETBALL/SOCCER	60 MINUTES	2 MILES
ROLLERSKATE/ICE SKATE	30 MINUTES	1 MILE
ROWING/SKI MACHINE	20 MINUTES	1 MILE
RUN/WALK/BICYCLE	1 MILE	1 MILE
SAW/CHOP WOOD	20 MINUTES	1 MILE
SHOVEL SNOW/RAKE LEAVES	20 MINUTES	1 MILE
SKI (CROSS COUNTRY)	60 MINUTES	3 MILES
SKI (DOWNHILL)/SNOWBOARDING	60 MINUTES	1 MILE
SOFTBALL	60 MINUTES	1 MILE
STEPPER/STATIONARY BICYCLE/ SWIM /TREADMILL	20 MINUTES	1 MILE
TENNIS (DOUBLES)	60 MINUTES	1 MILE
TENNIS (SINGLES)	60 MINUTES	3 MILES
YOGA	60 MINUTES	1 MILE

**STRESS RELEASE ACTIVITIES**

ARCHERY	30 ARROWS	1 MILE
BOWLING	3 GAMES	1 MILE
CRAFT PROJECTS	2 HOURS	1 MILE
FISHING	2 HOURS	1 MILE
GARDEN WORK	1 HOUR	1 MILE
GOLF	9 HOLES	1 MILE
MASSAGE	30 MINUTES	1 MILE
MOW LAWN (RIDER)	2 HOURS	1 MILE
READ BOOK	2 HOURS	1 MILE
VOLUNTEERING	2 HOURS	1 MILE
BLOOD DONATION	1 PINT	2 MILES
ALWAYS WEAR A SEATBELT	1 WEEK	1 MILE

**PREVENTATIVE HEALTH CHECKS**

6 MONTH DENTAL CHECK	1 VISIT	1 MILE
ANNUAL PHYSICAL/EXAM	1 VISIT	1 MILE