



Pedometer Package Loan Agreement



Algoma
PUBLIC HEALTH
Santé publique Algoma

Your employees have the opportunity to participate in the 10, 000 Steps Toward Healthy Living! Pedometer Program designed to help participating employees build skills that empower him/her to make smarter activity choices for a healthier future. The basic goal of this initiative is to get employees to institute more physical activity into their daily routines. It is our hope that a few changes in physical activity habits and the awareness of the importance of active living can make a difference in your employees' health now and in the future.

The workplace will be given up to 12 pedometers to participate in the program. Participating employees can loan a pedometer which is a small device worn on the waistband or belt. It measures the vertical movement of the body as each step is taken. This up and down movement is converted into the number of steps you're the participant has taken. The employees can wear a pedometer during his/her waking hours (at home, and at work). The employees can record his/her total daily steps into a log book, which will be supplied by Algoma Public Health. The employee can enter the number of steps walked, distance traveled, and time spent walking, into the logbook. By using a pedometer, your employees will have a reliable way of measuring physical activity and setting achievable goals to maintain or become more active.

If any pedometers are lost or damaged, the workplace will be responsible for \$12.00 replacement cost for each pedometer. We have included a loan agreement for individual employees receiving a pedometer. You may or may not want to ask for a deposit from participating employees; that will be left up to the workplace.

Statement of Responsibility

_____ understands that we bear full responsibility for damage to, or loss of any pedometers (damage includes, but is not limited to, dropping or washing the pedometer overstretching/breaking the clip, etc). In the event of damage, loss or failure to return the pedometers, we understand that we will be charged \$12.00 for each lost or damaged pedometer.

Please sign below indicating your understanding of the terms of this loan agreement.

Name of Company: _____

Name (please print): _____

Signature: _____

Date Borrowed: _____

Date to be Returned: _____

Number of pedometers: _____

We appreciate your support of our physical activity program. If you have any questions about 10, 000 Steps Toward Healthy Living!, or if we can be of any further assistance, please contact the Algoma Public Health at 759-5417.