

Departments' Step 'n Walk Campaign a Big Success!

Congratulations to the Public Defender's and Office of Public Defender's Wellness Committees for their successful first annual "Step'n'Walk" Competition. Lead by Wellness Champions **Elizabeth Wilson** (Public Defender), and **Karen Bledsoe** (Office of Public Defender), the friendly intra-office competition attracted over 450 participants. The goal of the competition was to take as many steps and walk as far as possible in one month.



Elizabeth and Karen attribute the competition's success to a well-planned, carefully communicated, and efficiently executed plan. The Public Defender Wellness Committee researched and provided the participants with items such as pedometers, smart phone apps, online tracking programs, and mapped popular walking routes both internally (hall ways) and externally (distances from Court to Court.) Team captains volunteered their time and support to communicate and spread enthusiasm for the activities as well as collect and track the team's data.



The number of employees participating reflects the Committees' hard work, effort, and vision. Department Director, Diane Terribile stated, "the Public Defender Step'n'Walk event focused attention on the pleasures of healthy habits, and brought employees together in a way that we had not anticipated. We look forward to similar competitions in the future."

