



ON THE MOVE

National Challenge 2019

TEAM KENT STATE Mini-Challenge

Weeks 3 and 4: Poker Walk

Due Friday, May 3

How to opt in and participate:

1. Communicate with your department/coworkers to see who would like to participate. Let's try to be as inclusive as possible! Not all employees have to be in the On The Move Challenge to participate in this mini-challenge, but only On The Move Challenge participants will be eligible for the prize drawing.
2. Of this group, select ONE person as your group representative.
3. The group representative emails Employee Wellness at wellness@kent.edu to request a deck of cards.
The deadline to request cards is Tuesday, April 30.
4. Complete a Poker Walk with your department/coworkers (see instructions on the reverse).
5. The group representative fills out this form and returns it to wellness@kent.edu by 5:00 pm on Friday, May 3.

Optional: Take a photo of employees participating in the Poker Walk and email it to Employee Wellness along with the form.

Contact for Group Representative:

Name: _____

KSU email: _____

Dept./College/Campus: _____

Office phone number: _____

Name of each person participating in the Poker Walk/Check the box if they are in On The Move Challenge

| | | | |
|-------|-----|-------|-----|
| _____ | Yes | _____ | Yes |
| _____ | Yes | _____ | Yes |
| _____ | Yes | _____ | Yes |
| _____ | Yes | _____ | Yes |
| _____ | Yes | _____ | Yes |

*Only On The Move Challenge participants will be eligible for the prize drawing.

Winner:

Name: _____

KSU email: _____

SEE REVERSE FOR "HOW TO DO A POKER WALK"





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How to do a Poker Walk

- You'll need a deck of cards, a large area to walk (can be inside or out) and a group of people to play.
- Specify a walking route (i.e. a lap around the building outside, a lap inside around one floor, etc.).
- Designate one person as the dealer. This person must understand the rules of poker. The dealer will remain in a fixed location on the walking route to pass out cards to participants.
 - Employees may take turns being the dealer so that all can get their moves in. If you want to play multiple rounds, feel free, but please only report one winner.
- Employees walk 5 laps around the chosen route. For each lap they walk, they earn one card for their hand. Employees must walk 5 times to earn a complete poker hand.
- Employees turn in complete hands to the dealer, who then determines who has the winning poker hand.

Neither skill nor speed is a factor; the winning objective is to have the best poker hand! People of all ability levels are encouraged to join in, get some exercise at their own pace, and try their hand at a friendly game of poker. So talk to your coworkers, choose a representative to opt in, select a date, time and location for the Poker Walk, communicate the event to your department, and get *On The Move!*