

Watko Benefit Group Walking Program

Watko Benefit Group proudly presents a company-wide walking program that is unique and unprecedented. There is no sign up fee and....it's totally **FREE!!!**

WBG has partnered with KC Fit to create a fun and innovative way to promote wellness within your organization.

The process is easy. Simply respond to us to inform us that you are interested in promoting this **FREE** program to your employees. The employees will take it from there!

The program includes a customized website for your employees to access for registration and from that point forward, they simply log their steps! Steps can be logged from a pedometer reading or by entering the duration of a walk and the system will calculate the steps automatically. All steps will be added together to keep a cumulative total. The "scoreboard" will show employees how much they are walking compared to coworkers. ***This creates a competitive opportunity for your employees to challenge their fellow coworkers!***

In addition to the walking program, your company will also have the option to purchase KCFit.net membership cards at \$5 each in order for employees to take advantage of over 250 Provider Discounts listed on the [KCFit website](#). *Membership cards are not required to participate in the walking program and may be purchased by employees individually.*

Additional Features associated with the program include:

- **Provider Discounts:** Find discounts on hundreds of health club memberships, sporting goods, yoga classes, health foods, running/walking shoes, bicycles and accessories, meal assembly plans, massages, and much more (KCFit.net membership card required).
- **Event Finder:** Search for events around the Kansas City area in multiple categories such as runs, walks, bike rides, health fairs, and adventure races.
- **Clubs and Groups:** Use clubs and groups to find people that have similar interests (i.e. walking club) or to find new activities to engage in.
- **Parks and Recreation:** Search our database of parks to find the one near you with the amenities you enjoy.
- **Blog:** Updated information on all things health and wellness, generally revolving around Kansas City but including information that is helpful to anyone anywhere.

In order to take advantage of the program, simply [send us an e-mail](#) to let us know that you are ready to **START WALKING!**

You may also contact our office at (913) 685-0000 for further information. Please click on our logo to visit our home page.

