

**BEGINS
OCT. 1**

WALKTOBER

— STRIDES TO BETTER HEALTH —

Take steps toward *better health* by walking more this month.

WALKTOBER is a month-long walking campaign that begins October 1.


WALKTOBER is a month-long walking campaign beginning October 1. Participate as a team of 4 or individually. Each participant will track individual steps using a FREE Wellbody issued pedometer or other fitness tracking device. Log your steps on the attached paper tracker or click on the emailed link you will receive weekly. Submit completed trackers by November 8 for campaign credit. [Complete the Thrive Challenge](#) (see page 3) to be entered into the prize drawing.

LET'S GET STARTED!

- 1 REGISTER ONLINE OR ON-SITE**
Register online at <https://www.surveymonkey.com/r/Walk24> or on-site at the Eagan Center for Wellness by October 4.
- 2 ATTEND THE KICKOFF WEEK**
Stop by the kickoff week at the Eagan Center for Wellness to receive your Participant Guide with paper tracker and FREE pedometer.
- 3 TRACK YOUR STEPS**
Record your steps daily in the FitLyfe portal, the Health-2-GO app, wearable tracking device or the paper tracking log.
- 4 SUBMIT YOUR TRACKER**
Submit a copy to the Eagan Center for Wellness by November 8 or complete weekly steps through the link that will be emailed to you. Receive campaign credit for your WellBody Plus Goals.

INDIVIDUAL PAPER TRACKER

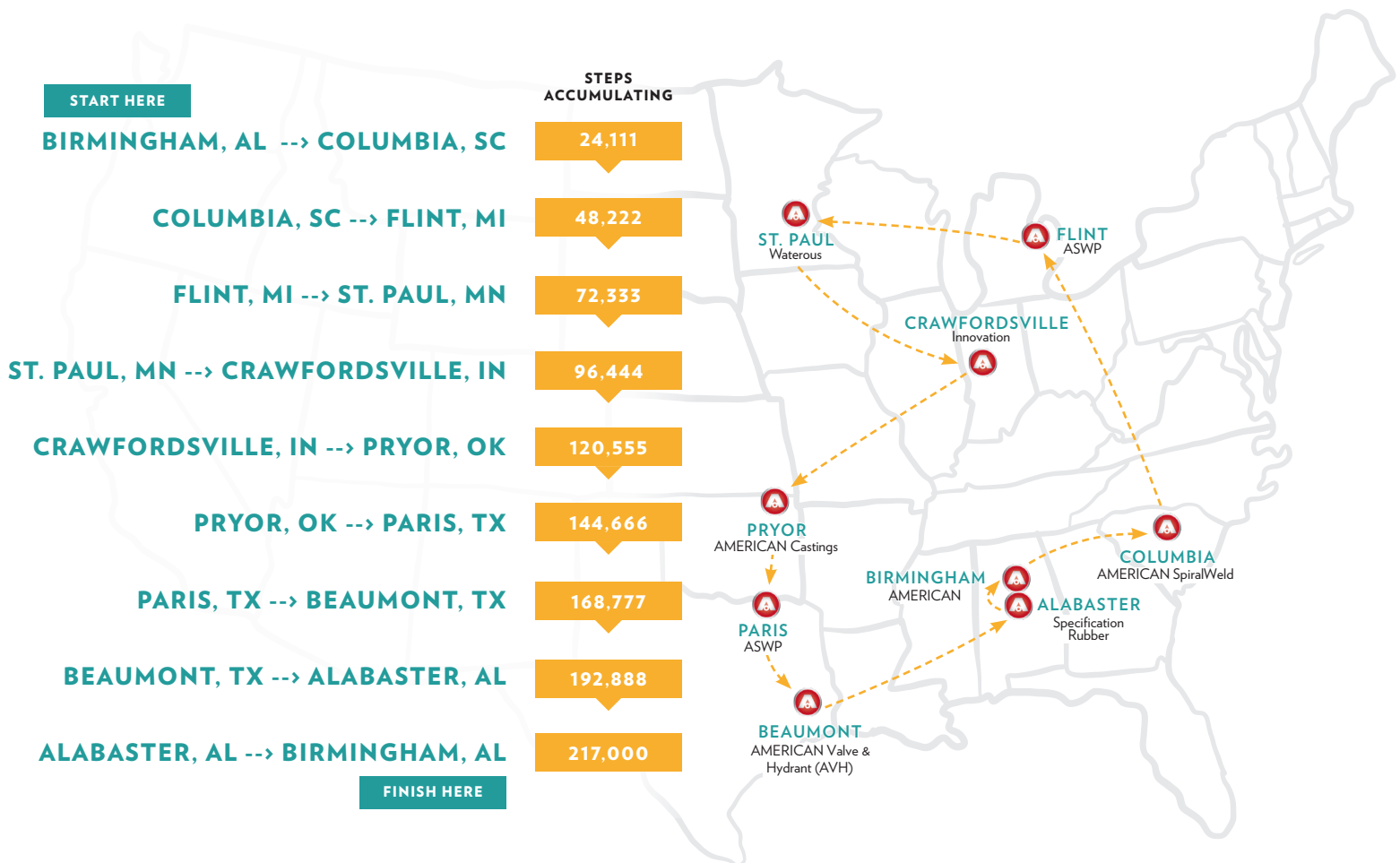
Record your steps using the tracking log below. Turn in a copy of your completed tracking log to the Wellness Center by November 8.
See the chart on page 3 to convert miles or other activities to steps.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		WEEKLY STEP TOTAL	
	1		2		3		4		5		6				
	steps: _____		steps: _____		steps: _____		steps: _____		steps: _____		steps: _____				
7	8		9		10		11		12		13				
	steps: _____		steps: _____		steps: _____		steps: _____		steps: _____		steps: _____				
14	15		16		17		18		19		20				
	steps: _____		steps: _____		steps: _____		steps: _____		steps: _____		steps: _____				
21	22		23		24		25		26		27				
	steps: _____		steps: _____		steps: _____		steps: _____		steps: _____		steps: _____				
28	29		30		31										
	steps: _____		steps: _____		steps: _____										
NAME: _____ (print clearly)				<input type="checkbox"/> Employee <input type="checkbox"/> Spouse				How will you stay active this winter?		MY GRAND TOTAL:		STEPS: _____			
DEPARTMENT: _____															

THRIVE CHALLENGE - WALK AMERICAN!

(OPTIONAL)

Starting from our Birmingham, Alabama, location – track your steps along the map. When you have returned to Birmingham, you would have completed 217,000 steps. Please note that this is not measured to scale - making it to each location will count as the same number of steps. We are encouraging at least 7,000 steps/day x 31 days in October to equal 217,000 steps.



ESTIMATED STEPS IN EXERCISE

MODERATE ACTIVITIES 30 MINUTES	<ul style="list-style-type: none"> Basketball (leisure) - 4100 Bicycling (<10 mph) - 3600 Bowling - 2730 Dancing - 2700 Gardening - 3600 Golf (walking) - 4100 	<ul style="list-style-type: none"> Horseback Riding - 3600 Stretching/Yoga - 2300 Swimming Laps (leisure) - 5500 Walking (3.5 mph) - 3500 Water Aerobics - 3600 Weight Lifting - 3600
VIGOROUS ACTIVITIES 30 MINUTES	<ul style="list-style-type: none"> Basketball Game - 7300 Bicycling (>10 mph) - 10900 Dancing (Fast) - 5000 Heavy Yard Work - 4500 	<ul style="list-style-type: none"> Running Jogging (5 mph) - 7300 Swimming Laps - 9100 Walking (4.0 mph) - 4500 Weight Lifting - 5500
STEPS PER MILE	<p>MEN: 2,000 steps = 1 mile WOMEN: 2,400 steps = 1 mile AVERAGE PACE: 15 minutes = 1 mile</p> <p><i>Source: America on the Move These are estimated steps. For additional activities and step calculations, please visit: https://www.americanwellbody.com/walktober</i></p>	

30 DAY WALKING PLAN (OR EQUIVALENT)

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
BEGINNER	5,000 steps/day	5,500 steps/day	6,000 steps/day	6,500 steps/day
INTERMEDIATE	7,000 steps/day	7,500 steps/day	8,000 steps/day	8,500 steps/day
ADVANCED	7,500 steps/day	8,000 steps/day	9,000 steps/day	10,000 steps/day



TIPS FOR EXTRA STEPS

- Strive for at least 30 minutes of moderate intensity exercise daily.
- Any activity you do throughout the day counts and can be accumulated for your health benefit.
(e.g., three 10-minute walks spread out during the course of the day)
- Take a 10–15-minute brisk walk before or after meals.
- Walk up and down stairs as often as possible.
- Enjoy a brisk walk to meetings across campus.
- At home, find other ways to stay active - gardening, yard work, walking the dog, housework.
- Enroll in a fitness class or learn a new sport (such as pickleball, tennis, water aerobics).
- Always carry a fitness bag with you (include walking shoes, workout gear, water, and snacks).

CAMPUS WALKING MAP

Follow the arrows on the Campus Map for an easy 1 mile walk.

