

# Are you up for the next Challenge?

**2010 Program Dates:**  
September 8 – October 28

**2010 Registration dates:**  
August 2 - August 25

**Cost:** \$12/participant

Welcome to the **Step 2 It Walking Challenge** or “Steps” where teams and individuals are encouraged to get out from behind their desks and up off the couch to participate in effective, low-impact physical activity.

Much like the 100-Day Wellness Challenge, teams can set goals, record their progress and, of course, engage in friendly competition with other “steps” participants.

It's fun, it's easy and a great way to be social while still being physically active. Plus all participants get a FREE pedometer!

## Let's Get Started!

- ▶ **Form a team** of 2-10 participants and **choose a team captain and a team name.** Team Captains must have a working e-mail address.
- ▶ Team captains, **register your team online** at [livehealthynebraska.org](http://livehealthynebraska.org).
- ▶ **Distribute pedometers to team members** and set goals. Approximately 2,000 steps = 1 mile.
- ▶ **Start walking!**
- ▶ Utilize the **Live Healthy Nebraska online daily journal** to keep track of your steps.
- ▶ Login each Friday to **record your total weekly steps and miles.**
- ▶ **Teams will be ranked** on their total average accumulated steps.

## Each participant receives:

- ▶ Pedometer
- ▶ Weekly email newsletters – walking tips/ideas/activities (ways to increase your daily steps)
- ▶ Chances to win incentives based on recording every week

Team up and join the **Live Healthy Nebraska Walking Challenge**



**Change Your Choices. Change Your Life!**



## Wearing Your Pedometer

Did you know that not knowing how to wear your pedometer correctly can give you an inaccurate reading? Many people wear the pedometer incorrectly and it fails to give accurate data – you've worked too hard to have that happen. Follow these tips to get the most out of your walk.

**Step 1** Find the part of your waistband or belt that is directly over your knee, and secure the pedometer at that exact location. Wearing your pedometer in the middle or too far on the side of your pants will affect the accuracy of the reading.

**Step 2** Wear the pedometer as straight as possible. Wearing a tilted pedometer will affect the accuracy of the mechanism.

**Step 3** Check to see if your pedometer is working correctly, press reset and walk 50 steps.

**Step 4** Stop, open the pedometer and read what it says. If the pedometer reads 48-50 steps, then the pedometer is relatively accurate.

**Step 5** Set goals - Every 2000 steps is approximately one mile. Work your way up to 10,000 steps per day or five miles.

Your pedometer will be most accurate on level or flat terrains. It is less accurate on bikes, stair climbers and elliptical trainers. It is reasonably accurate on a treadmill.

## Safety First

Before starting an exercise program, check with your doctor.

## Get to 10,000 Steps a Day for Better Health!

Recent guidelines suggest that a person should aim to walk 10,000 steps per day for optimal health. How far is 10,000 steps anyway? The average person's stride length is approximately 2.5 feet long. That means it takes just over 2,000 steps to walk one mile, and 10,000 steps is close to 5 miles.

If you are a sedentary person, you may average 1,000 - 3,000 steps per day. A more active person may be closer to 5,000 steps per day. So how do you get to the 10,000 steps per day? First, set realistic goals - for many adding 500 - 1,000 steps per day is a good place to start, working your way up to 10,000 steps per day.

Also look at ways to increase the number of steps you take in your everyday activities, for example:

- ▶ Select a further away parking spot
- ▶ Take the stairs instead if the elevator
- ▶ Take 5 - 10 minute walk breaks every 1 - 2 hours
- ▶ Plan weekly walks with your family, friends, spouse

There are many ways to increase your daily steps. Use your imagination and come up with your own list!

## What Can Exercise Do For You?

Regular exercise can help you do all these things:

- ▶ Lose weight and keep it off.
- ▶ Have more energy and get more done.
- ▶ Make your heart and lungs stronger.
- ▶ Keep your bones strong.
- ▶ Make your muscles stronger and firmer.
- ▶ Get more "good" cholesterol (HDL) in your blood.
- ▶ Lower your blood pressure.
- ▶ Prevent diabetes.
- ▶ Sleep better.
- ▶ Cut down on stress.
- ▶ Feel happier.

Source: U.S. Department of Health and Human Services.

# Activity and Steps Per Minute Equivalent

Activity	Steps	Activity	Steps
Aerobic dance	197	Racquetball	212
Backpacking	212	Roller-skating	212
Badminton	136	Rowing machine	212
Ballroom dancing – slow	91	Rowing machine – vigorous	258
Ballroom dancing – fast	167	Rugby	303
Basketball – shooting baskets	136	Run a 12-minute mile	242
Basketball game	242	Run a 10-minute mile	303
Bicycling under 10 mph	121	Run an 8-minute mile	348
Bicycling – moderate	242	Run a 7.5-minute mile	409
Bicycling – fast	364	Run a 6-minute mile	459
Billiards/pool	76	Sailing, boat & windsurfing	91
Bowling	91	Sawing with a handsaw	113
Boxing – non-competitive	131	Scuba diving	212
Boxing – competitive	213	Shopping	70
Calisthenics, light to moderate	106	Shoveling heavy snow	278
Calisthenics – vigorous	242	Skateboarding	152
Canoeing	106	Ski machine	212
Children's playground games	136	Skiing – downhill	182
Chopping wood – rapid	300	Skiing – cross country	242
Circuit training	242	Skimobiling	212
Climbing – rock or mountain	273	Sledding	212
Cooking	61	Snorkeling	152
Croquet	76	Snowmobiling	106
Dancing – social	93	Soccer	212
Dancing – choreographed	158	Softball	152
Fencing	182	Square dancing	136
Fishing	91	Squash	364
Football	242	Stacking firewood	89
Frisbee	91	Stair climbing – 26 steps/min.	90
Gardening	121	Stair climbing – 39 steps/min.	133
Golf	136	Stair climbing – 91 steps/min.	300
Gymnastics	121	Stairmaster	273
Handball	364	Stationary bike – moderate	212
Health club exercise	167	Stationary bike – vigorous	318
Hiking	182	Step aerobics	273
Hiking – orienteering	273	Stretching, yoga	76
Hockey – field and ice	242	Surfing	91
Home/auto repair/shop tasks	91	Swimming – leisure	182
Horseback riding	121	Swimming laps – moderate	212
Housecleaning	91	Swimming laps – vigorous	303
Hunting	152	Table tennis	121
Ice skating	212	Tai chi	121
Inline skating	364	Tennis	212
Jazzercise	182	Volleyball	121
Jogging on mini-trampoline	136	Walking slow – under 2 mph	61
Jogging	212	Walking 2 mph	76
Judo – vigorous	187	Walking 3 mph	100
Jump rope	303	Walking 3.5 miles per hour	115
Kayaking	152	Walking 4 miles per hour	152
Kickball	212	Walking 5 miles per hour	242
Lacrosse	242	Walking – Racewalking	197
Lawn bowling – shuffleboard	91	Water aerobics	121
Lawn mowing – power mower	152	Water jogging	242
Martial arts	303	Water polo	303
Miniature golf	91	Waterskiing	182
Mopping floors	51	Weight lifting – moderate	121
Mountain climbing	153	Weight lifting – vigorous	182
Painting outside (fence, etc.)	78	Wrestling	182
Punching bag	182	Yoga	76
Raking lawn and leaves	121		