



WESTERN WALKS Fall Tour: 10,000 Steps A Day

Why 10,000 steps and why is WMU/Western Wellness doing this?

10K-A-Day stands for 10,000 Steps A Day and is based on research showing active individuals — those who achieve 10,000 steps a day or more — have lower risk for many chronic conditions including heart disease, some cancers, diabetes, and obesity. People who are regularly active also report greater energy, better mood, improved sleep, and other quality-of-life benefits such as weight loss. As WMU seeks to stay strong during challenging times it wants to support its greatest resource, the people who make WMU such an outstanding organization.

10,000 steps seem like a lot! Can I really reach that goal? What happens if I can't?

Not everyone will be able to achieve 10,000 steps in a day. That's okay! Nothing bad will happen. The goal of this program is for YOU to strive for YOUR best. The idea is to keep you focused on increasing your activity levels. All exercise — even a brisk 10-minute walk — is good for you. So take advantage of any opportunity to add activity to your day and record your progress. In other words, start where you are and do your best. Someone may be at 3,000 steps a day. A goal might be to strive for 4 or 5,000. Instead of parking close to Wal-Mart, you could park farther away. Achieving 10,000 steps a day is a challenge for many. Everyone is at different fitness levels and/or has different schedules or demands. You can work up to it gradually and achieve health benefits no matter what your current activity level. Just wearing the step counter motivates you to add another 2,000 without a lot of extra effort. Then, after work or dinner, most people check their step counter, see they're at 5,000 or 6,000 steps, and decide to go for a 2-3 mile walk or run to reach 10,000. Just keep on moving!

How does the program work?

- The program is absolutely FREE. All participants receive a pedometer and reporting instructions from their Wellness Champions.
- Anyone can start a team and team members can come from anywhere in your building. Each team must have a team captain and 4 members.
- The challenge runs for 4 weeks. All team members are responsible for recording their own steps and reporting those numbers to team captain on a weekly basis. Reporting dates are 10/17, 10/24, 10/31 and 11/7.
- Between 9/26 and the launch on 10/10 all team members must be enrolled in the One-to-One wellness database. Your levels of participation upon enrollment are up to you. To enroll, go to www.holtynhpc.com. New participants: Account ID is 32 and Account Password is bronco.

10,000 Steps a Day Participant Log Sheet

Name: _____ Phone: _____

Building: _____ Team Name: _____ Captain: _____

*Report steps to Team Captain 10/17

Day	Date	Actual Steps
1	10/10	
2	10/11	
3	10/12	
4	10/13	
5	10/14	
6	10/15	
7	10/16	

Week 1 Total Steps: _____

*Report steps to Team Captain 10/24

Day	Date	Actual Steps
1	10/17	
2	10/18	
3	10/19	
4	10/20	
5	10/21	
6	10/22	
7	10/23	

Week 2 Total Steps: _____

*Report steps to Team Captain 10/31

Day	Date	Actual Steps
1	10/24	
2	10/25	
3	10/26	
4	10/27	
5	10/28	
6	10/29	
7	10/30	

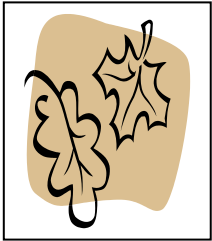
Week 3 Total Steps: _____

*Report Steps to Team Captain 11/7

Day	Date	Actual Steps
1	10/31	
2	11/1	
3	11/2	
4	11/3	
5	11/4	
6	11/5	
7	11/6	

Week 4 Total Steps : _____

Questions? Talk to your Wellness Champion or Contact Danna Downing (ddowning@holtynhpc.com) at 779-5453.



The more you move: The healthier you will be!

- Make it social (walk with friends, take an exercise class)
- Find a support group who wants to do the same healthy change
 - While watching TV, get up and move during commercials
 - Take the stairs instead of the elevator
 - Park farther away from the grocery store and/or work
- Take a walk during breaks/lunch time (30 min of lunch & 30 min of walking)
 - Walk to meetings around campus or in your building
 - Walk to talk to your co-workers instead of emailing
 - Make a lunch date across campus
 - Take your dog for a walk in the morning and/or evening
 - Develop a routine walking schedule that you do everyday
 - Walk at a public garden or park around Kalamazoo
- Go to the mall and window shop/walk around (indoor mall, or outdoor mall)
 - Drink lots of water: gets you to walk to the bathroom more
 - Walk around your home/office (walk any chance you get)
- Angry, sad, tired? Do something physical - great way to work through emotional/mental stresses!

Why Being Part of a Group Can Help you Succeed

Being part of a team can help you meet your fitness and health goals.

*When you decide to improve exercise habits for a healthier lifestyle, it may seem overwhelming. Belonging to a group with similar goals provides more structure, which helps you remain accountable to your objectives.

*Changing lifestyle habits is difficult and can be frustrating or discouraging at times, but being part of a group can help you keep your goals in perspective so you remain motivated. When you feel well supported, it is easier to achieve and maintain healthy habits.

*Belonging to a 10k Team builds camaraderie. Each short-term goal you meet not only helps you stay motivated, but also contributes to the success and enthusiasm felt by others. This in turn boosts your self-esteem and strengthens long-term commitment.

How to Be a Great Team Member

1. Report Regularly

Report your steps regularly and check in with your team, at least weekly, to share ideas and support one another.

2. Recognize Individuality

To be a great team member, remember to acknowledge that each person's contribution matters. Try not to overshadow others or let others overshadow you; only you can bring your unique point of view, enthusiasm, and insight to the group.

3. Encourage, Don't Discourage

Being part of a team helps to support you. Always remain positive, provide helpful, encouraging advice. Focus on what your teammates are doing well and suggest they build on that.

4. Set a Good Example

Being a good example will help motivate and inspire others on your team, while making you feel proud. Examples include an upbeat attitude, good attendance, constructive feedback, and flexibility.