

The 10,000 Steps to Better Health Rules

Objective: To improve health and fitness of participating members by encouraging walking as a regular part of their day. To get those who are more sedentary involved in an easy fitness program.

Background: It has been scientifically proven that 10,000 steps per day are equal to 30 minutes of moderate cardiovascular exercise. This has been shown to reduce cardiovascular disease by as much as 50%.

Rules:

Initial Counseling

1. Each participating member must wear a pedometer to measure their steps. These are given out by the HAWC staff members at the walkathon
2. The participating member will receive an information packet and counseling before beginning the program.
3. At that time, the member will be on their way to 10,000 steps. They may start out at whatever amount they can, but will learn ways to increase this throughout their day.
4. The member will engage in e-mail or phone conversations with the HAWC staff weekly to report number of steps taken. This is a 6-week program.

Starting the Program

1. Each participant will wear their pedometer daily and record their steps on Quick Series guide. A word of caution: Be sure to attach a string to your pedometer and fix with a safety pin to your shirt so that the pedometer does not accidentally fall into the toilet.
2. This is an honor system. No one knows for sure how many steps you have actually taken except for you. Please be upfront and honest with your inputs.
3. After a period of 2 weeks the participant will be evaluated to determine how many steps they are averaging per day and the HAWC staff will devise a plan to increase the amount if it has not reached 10,000.
4. Awards are only given if participant attains goal by counting only days of 10,000 steps or better. If participant reaches 9999 steps, no award can be given-members must walk a minimal of 10,000 steps per day.
5. The participant will continue participating in the program until goals are reached.

Awards:

1. Participant has attained the goal of 50,000 steps – Water Bottle (1 week of walking)
2. Participant has attained the goal of 150,000 steps – T-Shirt (3 weeks of walking)
3. Participant has attained the goal of 300,000 steps – Sweatshirt (6 weeks of walking)