

# WALKTOBER CHALLENGE

Oct. 1st -31st

**Tracking Walking 1 step at a time.**

**Purpose:** Provide an opportunity for employees to safely participate in their own **HEALTH & WELLNESS** through building teamwork while encouraging walking and being active during breaks & lunch, and before &/or after work.

**Your Invited to Join** this year's walking challenge, Walktober! All workplaces and organizations are encouraged and welcomed to participate. Gather a team, choose a team name, promote team work & provide enthusiasm; post flyers; organize team walks & inner-group challenges; remind team to HAVE FUN!

Large teams can choose to have multiple teams. Teams are encouraged to have at least 5 participants with a maximum around 20.

## **Tracking Your Steps (better than ever!)**

We are tracking our steps on our virtual platform, Walker Tracker. We will walk across the National Parks of North America. You can sync your wireless devices (fit bit, Garmin, apple watch, etc.), or even smart phone apps. Steps can add up through playing, working, active transportation, chores, recreational activities, and so much more.

*\*Winning Organization is based on total Steps divided by total participants.*

*This online platform provides a virtual map-based tracking step challenge with social interaction, making it one of the most fun ways to track your progress and challenge others. Participants must register at [www.HealthyShasta.WalkerTracker.com](http://www.HealthyShasta.WalkerTracker.com)*

**Please visit [www.HealthyShastaWalks.org/](http://www.HealthyShastaWalks.org/) for all details and information.**

If you would like to request a pedometer for check out, contact [WalktoberChallenge@gmail.com](mailto:WalktoberChallenge@gmail.com) (limited availability)

After the end of the Challenge and before 11:59 a.m. Saturday, November 2nd, all participants must enter their final steps on the Walker Tracker platform.  
**All participants will be entered into an awesome prize drawing!**

Questions: Contact 229-8456 or [WalktoberChallenge@gmail.com](mailto:WalktoberChallenge@gmail.com)

## **What are Worksite Wellness Challenges?**

These are activities that engage employees in becoming healthier, happier and more energetic at work. These Challenges are gaining popularity and changing lives at work. The purpose of Challenges is to encourage healthier lifestyle behaviors. Challenges are successful when a supportive, positive climate of fun and camaraderie helps people to adopt or maintain a healthy way of living.

## **Walking for Adults**

*Why Walk? Why not!* The *Physical Activity Guidelines for Americans* recommend that adults get at least 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combination each week.

The guidelines also recommend that children and adolescents be active for at least 60 minutes every day. If it's been a long time since you exercised, you may want to start out slow. You can start with just 5 minutes and build up to the recommended 30 minutes a day. Following these guidelines can contribute to overall health, and decrease the risk of chronic diseases such as heart disease, cancer or diabetes.

Walking is a great way to get the physical activity needed to obtain health benefits. Walking does not require any special skills. It also does not require a gym membership or expensive equipment. The average American walks 3,000 to 4,000 steps a day, or roughly 1.5 to 2 miles. It's a good idea to find out how many steps a day you walk now, as your own baseline. Then you can work up toward the goal of 10,000 steps by aiming to add 1,000 extra steps a day every two weeks.

## **Benefits of Walking for Adults**

Walking is a popular form of exercise among adults and it's a great choice. What can walking do for you?

- Increase cardiovascular and pulmonary (heart and lung) fitness
- Reduce risk of heart disease and stroke
- Improve management of conditions such as hypertension (high blood pressure), high cholesterol, joint & muscular pain or stiffness, & diabetes
- Stronger bones and improved balance
- Increased muscle strength and endurance
- Reduced body fat.