

# STEP-UP LAKE COUNTY 10,000 STEP PROGRAM

*Welcome to Step-Up Lake County*



*Lake County, Ohio*

## 10,000 Step Guideline 2010

The National Academy Institute of Medicine recommends 60 minutes of exercise per day; if you walk 10,000 steps in a day (roughly 5 miles) you meet this recommendation.

### **Wait, before you take one step!**

While walking is a low risk activity, you can still suffer from injury or overexertion if you're ill prepared or have high health risks. Be sure to talk or visit a medical professional prior to beginning any form of physical activity.

### **How to get started**

1. Clip your pedometer to your waistband or belt and start walking!
  - Try parking your car farther away from your place of work.
  - Walk during your lunch period at work.
  - Get up and walk during TV commercials.
2. At the end of each week total your daily steps for your weekly total.
3. At the end of each session add up your weekly totals to calculate your monthly session total.
4. **The team captain must total and combine all team members monthly session totals and submit "one" step tracker log for the team.**
5. Each team and individual participant must complete and return step tracker logs by the indicated session end dates to: Jackie Via, Commissioners Office.

Session end dates:      May 2, 2010  
                                     May 30, 2010  
                                     June 27, 2010

### **Program Incentives**

1. At the end of each monthly session an individual participant will win a monthly prize based on the most steps logged. Team prizes will be awarded based on the highest average of steps logged.
2. A team or individual is eligible to win "only" one monthly prize.
3. **You get healthier!**

*Now, take the first step and walk your way to a healthier lifestyle!*

