

STEP-UP LAKE COUNTY 10,000 STEP PROGRAM

Welcome to Step-Up Lake County



Lake County, Ohio

10,000 Step Guideline 2009

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 3, 2009
 May 31, 2009
 June 28, 2009

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!



STEP-UP LAKE COUNTY 2009

Step Tracker Log

My Goal is 10,000 Steps each day



Lake County, Ohio

Please return your completed Step Tracker Log at the end of each session to Jackie Via, Commissioners Office.
Each completed log will be eligible to win a monthly prize.

Only "one" tracker log should be submitted per team.

Cut along line and return to Jackie Via

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Week of 4/6								
Week of 4/13								
Week of 4/20								
Week of 4/27								
<u>NAME / TEAM</u>	<u>DEPT.</u>		<u>Monthly Session Total</u>					

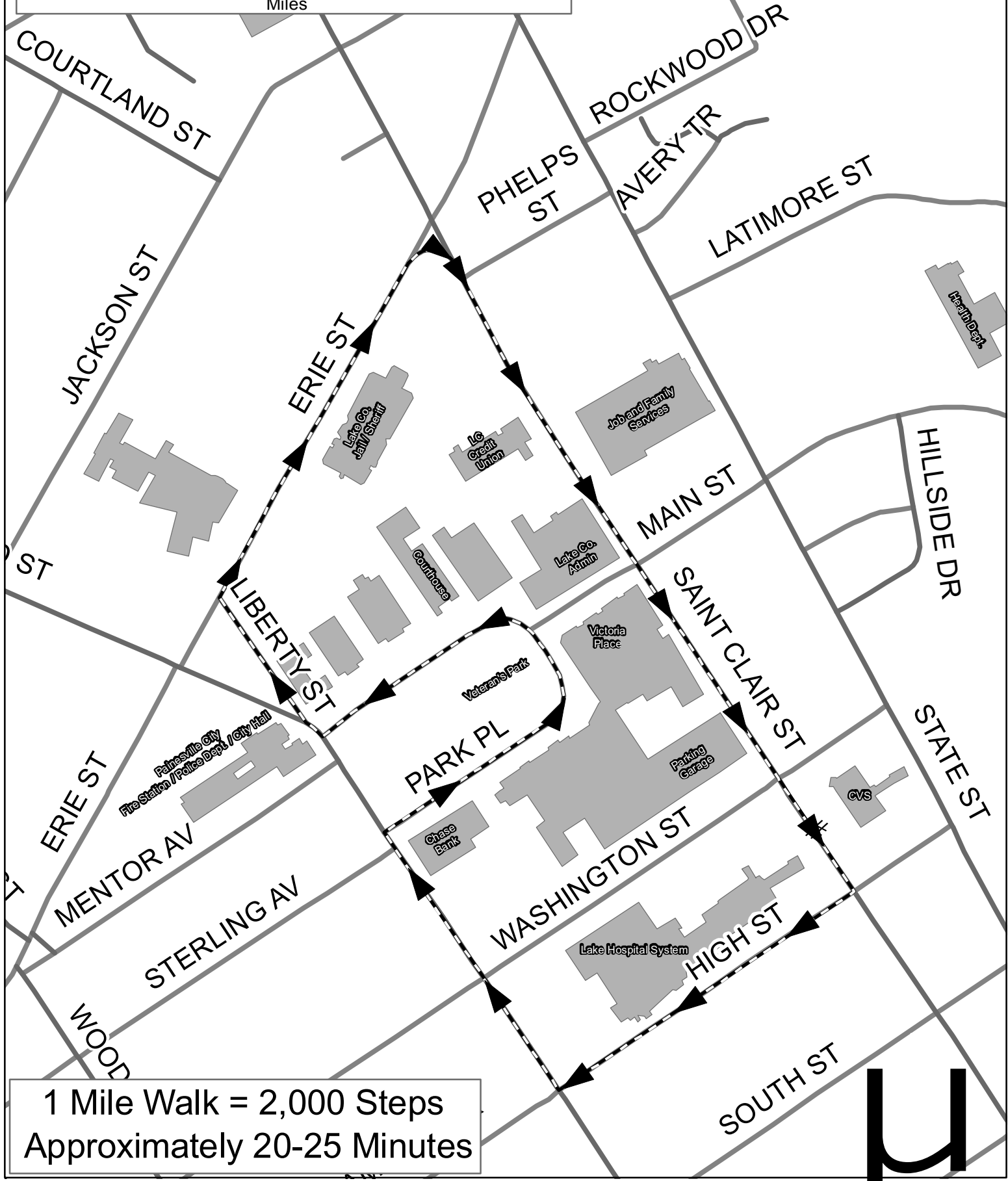
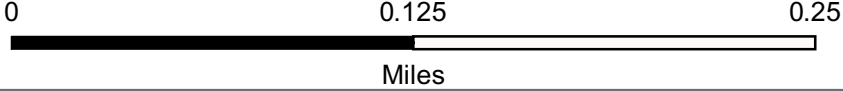
Cut along line and return to Jackie Via

Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Week of 5/4								
Week of 5/11								
Week of 5/18								
Week of 5/25								
<u>NAME / TEAM</u>	<u>DEPT.</u>		<u>Monthly Session Total</u>					

Cut along line and return to Jackie Via

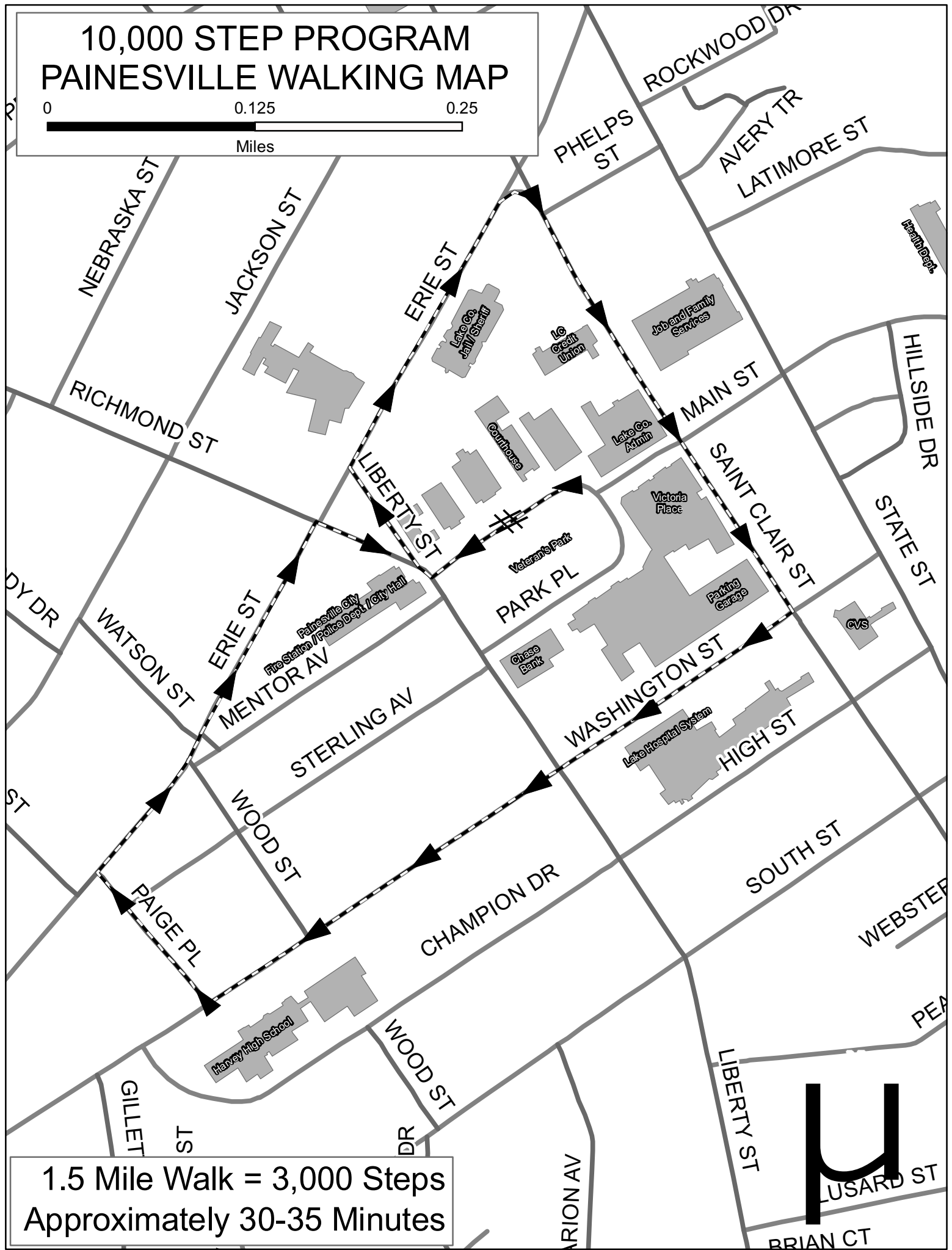
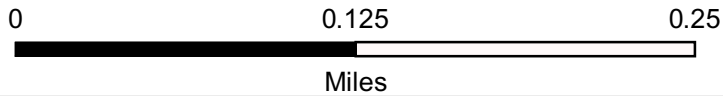
Week	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Weekly Total
Week of 6/1								
Week of 6/8								
Week of 6/15								
Week of 6/22								
<u>NAME / TEAM</u>	<u>DEPT.</u>		<u>Monthly Session Total</u>					

10,000 STEP PROGRAM PAINESVILLE WALKING MAP



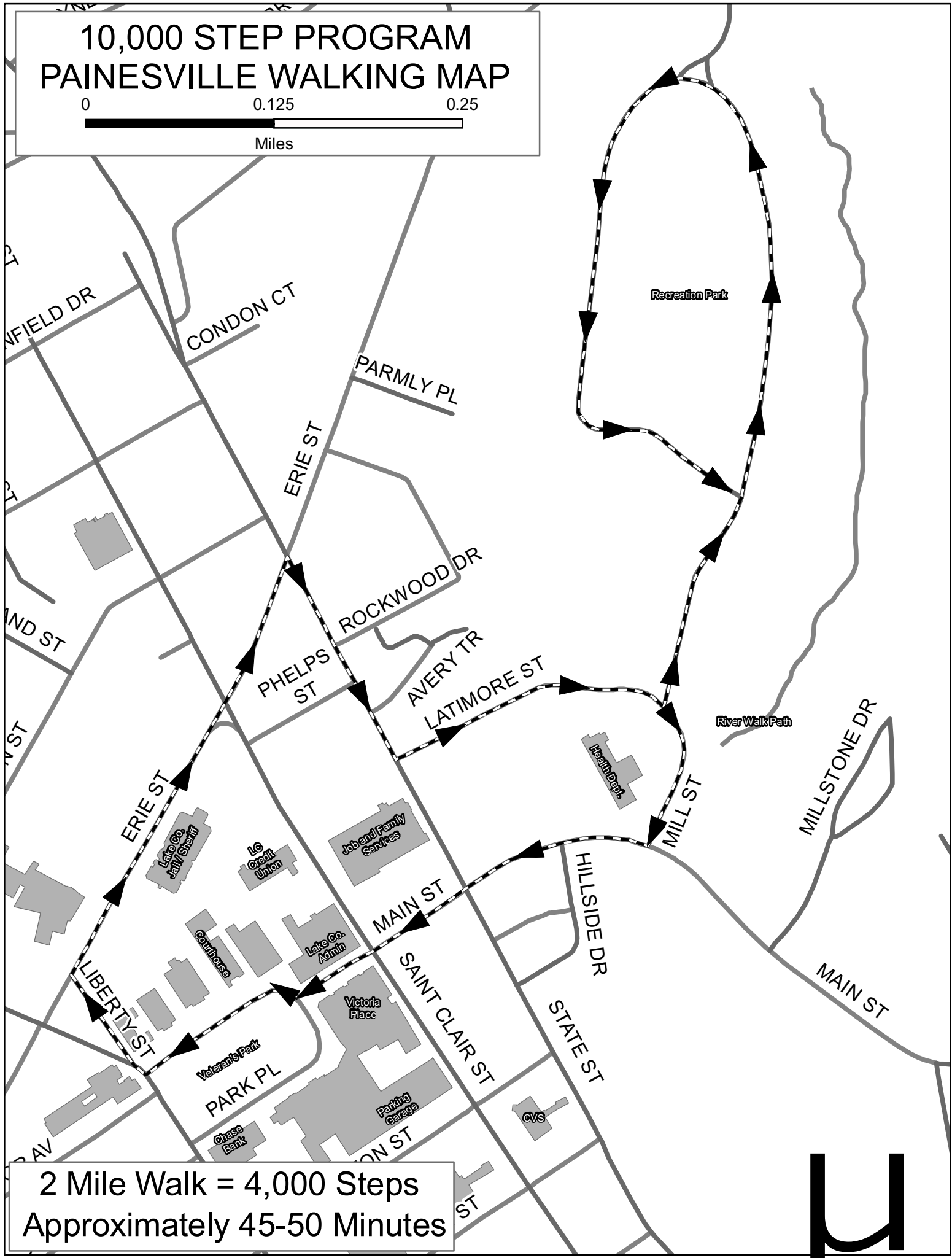
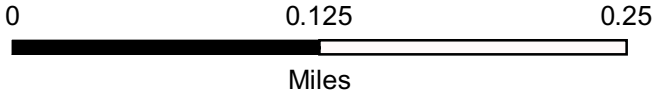
1 Mile Walk = 2,000 Steps
Approximately 20-25 Minutes

10,000 STEP PROGRAM PAINESVILLE WALKING MAP



1.5 Mile Walk = 3,000 Steps
Approximately 30-35 Minutes

10,000 STEP PROGRAM PAINESVILLE WALKING MAP



2 Mile Walk = 4,000 Steps
Approximately 45-50 Minutes

