

CCHD Four-Town Walking Competition Frequently Asked Questions (FAQs):

If I have a pedometer, how often and where do I wear it?

Wear your pedometer every day. Put it on in the morning and take it off at night. Attach the pedometer in the mid-line at your waist, where your pants would line up. Either side is fine. Wearing a [pedometer](#) is an easy way to track your steps each day. Start by wearing the pedometer every day in the week prior to the competition. You might be surprised how many (or how few) steps you get in each day.

Can I use any step-tracking device?

Yes. Please feel free to use any fit bit, phone app or other device to track your movement.

How often do I log my steps?

At the end of each day, you can log your steps into the Walking Works website or mobile app, or keep a log of your steps from your pedometer on a weekly tracking sheet, and enter the total before the end of the day each Sunday of the competition.

What is all the talk of 10,000 steps a day?

Maybe you have heard the recent guidelines about walking 10,000 steps per day. The average person's stride length is approximately 2.5 feet long. That means it takes just over 2,000 steps to walk one mile, and 10,000 steps is close to 5 miles. A sedentary person may only average 1,000 to 3,000 steps a day. For these people adding steps has many health benefits, but steps should be added in increments.

How many steps should I walk each day?

A reasonable goal for most people is to increase average daily steps each week by 500 per day until you can easily average 10,000 per day. **Example:** If you currently average 3,000 steps each day, your goal for week one is 3,500 each day. Your week 2 goal is 4,000 each day. Continue to increase each week and you should be averaging 10,000 steps by the end of 14 weeks.

Can I use my pedometer for biking or swimming?

Your pedometer can't track biking nor can it be worn during swimming. However, the computer program we are using allows exercises other than walking. Because this is a "walking" competition, you will be limited up to 30 minutes per day, adding up to an extra 3,000 steps for "non- pedometer/trackable" activities such as biking and swimming.



Do other forms of exercise count?

Yes. The Walking Works website has various forms of exercise to choose from as you track your steps or miles. You may enter up to 30 minutes per day for activities that can't be tracked with your pedometer/tracking device. **However, if you are wearing your pedometer while doing an activity, "double counting" is not allowed.** For example, if you are gardening with your pedometer on, you may not add 30 minutes of gardening to the total on your pedometer. This program operates on the honor system and our expectation is that our participants will be honest.

How can I increase my numbers?

There are many ways to increase your daily steps. Here are some examples you may want to try...use your imagination and come up with your own list too!

- Take a walk with a partner or friend
- Walk the dog

- Use the stairs instead of the elevator
- Park farther from the store/office
- Better yet, walk to the store/office (if possible!)
- Walk at lunch time
- Hide the remote - get up to change the channel the old fashion way
- Window shop
- Plan a walking meeting
- Walk over to visit a neighbor

Continue to track your daily steps and/or mileage; and keep notes on how you feel, how your body is improving, or other changes you are making to improve your health.

If you are in poor physical condition or at any point you feel that you are progressing too rapidly, slow down a bit and try smaller increases. *If you have any health concerns, seek your physician's advice prior to starting or changing your exercise routine.*

Can we track other towns' progress to see who is winning?

Yes. We will have a 6-week tracking chart that will be available on our website and sent to the contact person in each town. You may track your own progress on Walking Works website. Town contact persons may send out weekly updates and progress reports via email...AKA smack talk.

How will town scores be calculated?

Each town score will be updated weekly. The total number of steps for each town will be divided by the number of participants to determine which town is taking the most average steps per week. The more active participants in your town, the better chance of winning!

What happens if I lose my pedometer?

One pedometer will be provided to each participant at the beginning of the competition, up to the first 100 participants per town. If you lose your pedometer, you will have to purchase a new one on your own. Local sporting goods stores have pedometers in all cost ranges.

Is there anything else I should consider?

Be sure you have good walking shoes. Your sneakers should fit comfortably, yet provide good support. Most experts recommend replacing your sneakers every 3-6 months. If you are walking outdoors be sure to dress appropriately for the weather. Be sure you take a few minutes to stretch before and after any workout; your muscles will thank you! If you are new to an exercise program (or if it has been a while since you have exercised) be sure to take it slowly at first. Any new exercise program will take a while to get used to; some minor muscle aches are to be expected but if anything feels uncomfortable or too painful, stop and see a physician.

Join us as we *Step Into Summer & ACHIEVE Health!*