



“Above all, do not lose your desire to walk,”  
Soren Kierkegaard

# Walk Around the REZ

A Simulated Virtual Walk

## Walk Your Way to Wellness

Walking is one of the easiest and most accessible forms of exercise. It's a great way to get fit, strengthen bones, tone muscles and help with managing stress. Walking can increase your life expectancy and decrease the likelihood of developing a chronic disease. So get out on the REZ and join in!

By participating in the *Walk Around the Rez* Challenge, you will...

- Increase your activity level
- Positively impact your health
- Learn new ways to integrate walking into your life

Let your feet lead you to better health. Start today!



# Log Your Steps

## Your Challenge Details

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Using the table below, keep track of your steps during the week for each Challenge Week. At the end of each week, log your total steps.

## Record Your Baseline and Challenge Goals

Baseline Week 1: \_\_\_\_\_ Aim to increasing your week goals by 10% each week.

Week 2 Goal: \_\_\_\_\_ Week 3 Goal: \_\_\_\_\_

Week 4 Goal: \_\_\_\_\_ Week 5 Goal: \_\_\_\_\_

	Steps per Day		Week 2		Week 3		Week 4		Week 5	
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										
<b>Total Steps</b>										
<b>Weekly goal met?</b>	Y <input type="checkbox"/>	N <input type="checkbox"/>								

# 3 Easy Steps to Determine Your Baseline & Goals

## Step 1 Find Your Baseline.

### Find your Baseline.

Your Baseline is the number of steps you average daily.

Set your Pedometer. (Follow the instructions that are included with your pedometer.)

Wear your pedometer for three (3) days to track your steps.

Day 1: \_\_\_\_\_

Day 2: \_\_\_\_\_

Day 3: \_\_\_\_\_

### Obtain your Daily Baseline:

Divide your total steps by three (3) for a daily average.

*Example:*

Day 1: 5,000

Day 2: 8,000

Day 3: 8,000

3 days = 21,000 steps

$21,000/3 = 7,000$  (Daily Baseline)

## Step 2 Where Do You Fall?

Take a look at the chart below to see where you rank on your weekly step activity.

Category	Steps/day
Sedentary	< 5,000
Low Active	5,001 - 7,499
Somewhat Active	7,500 - 9,999
Active	10,000 - 12,499
Very Active	> 12,500 +

Target Zones for Pedometer Step Counts in Healthy Adults. Based on values from Tudor-Locke, 2004.

## Step 3 Set Your Goals.

Each week you will increase your Weekly Goal by 10%.

*(This recommendation is set by the Mayo Clinic and allows for maximizing health benefits without setting goals too high.)*

By increasing your steps by 10% each week, you will move from your current stage on the chart (Step 2) to a higher activity level as you progress each week in the Challenge.



## Tips for Walking Safely



- Invest in a good pair of walking shoes and socks to help avoid blisters.
- Stretch before you begin and start with an easy warm-up pace for about five minutes.
- Draw your abdominal muscles in to avoid strain and add stability.
- Stay hydrated. Drink plenty of water before, during and after you walk.
- Protect your skin by wearing sunscreen and a hat if walking outdoors.
- Enlist a buddy to walk with, especially if you are walking in remote areas.
- Let your heels hit the ground first, allowing each step to roll from heel to toe.
- Stand up straight. Leaning forward or backward may strain your back muscles.

If discomfort or pain occur during your walking program, it is best to seek medical attention before continuing in the program. Your doctor is the best source for medical advice for any health concerns that may arise while active in a physical activity program.

Most important, be creative and have fun. Walking can be a lifelong wellness activity that can have a significant impact on the quality and quantity of your life!