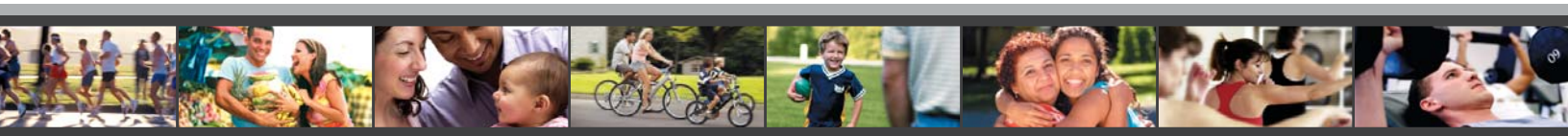
Walk Around the REZ

Frequently Asked Questions



Salt River Pima-Maricopa Indian Community

What is Walk Around the Rez?

Walk Around the Rez is a simulated virtual walk at your own pace challenge for the beginner to avid walker. The Walk Around the REz route takes you through Salt River, Ft. McDowell, Mesa, Chandler, Gila River, Tohono O'odham Nation and back to Salt River via Laveen and South Mountain Park.

Will we actually be walking the route?

No. Participants will not actually walk the route, but will use their own method of walking: home treadmill, fitness center, track, parks, fields, etc. to monitor daily steps using a pedometer. Daily steps can be converted to miles allowing the participant to observe their location on the Walk Around the Rez route. In addition, points of interest locations have been added providing educational reference.

When will Walk Around the Rez be held?

Walk Around the Rez will begin on September 13th, 2010, and run through October 17th.

What are the benefits of participating in Walk Around the Rez?

By participating in Walk Around the Rez, you will increase your activity level, positively impact your health, and learn new ways to integrate walking into your life. Walking also helps prevent and treat heart disease, high blood pressure, strokes, high cholesterol, diabetes, obesity, arthritis, and depression or anxiety.

What is the first step inWalk Around the Rez?

The first step is to figure out what your average daily baseline steps are. From there your aim will be to increase your week step goals by 10% each week through the following weeks of the challenge.

How do I find my baseline?

To find your baseline, wear your pedometer for three days to track your steps. Divide your total steps by three. This will be your daily average. For example, if you walk 5,000 steps on Day 1, 8,000 steps on Day 2, and 8,000 steps on Day 3, that adds up to 21,000 steps total. Divide 21,000 by 3, and you get 7,000 steps average. This then is your daily baseline.

What is my goal for Walk Around the Rez?

Your goal is to increase your daily steps by 10% from the beginning of the challenge (which are your baseline steps) to the end of the challenge (Oct. 17th). A 10% increase is recommended by the Mayo Clinic, as it allows for maximizing health benefits without setting goals too high.

How do I measure my goal?

You can measure your goal by going online at www.SRPMICWellPath.com and inputting your daily steps in the Walk Around the Rez challenge tracking information. You can also submit a paper log instead to one of the Health Coaches: Julia Hargis, Niso Osif, or Nadja Langenhorst. Julia can be reached at jhargis@diversitywellness.com, or at 520-678-9426. Niso can be reached at nosif@diversitywellness.com, or at 480-299-7229. Nadja can be reached at nlangenhorst@diversitywellness.com, or at 480-529-5725.

What are some good walking tips to maximize my Walk Around the Rez experience?

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. Drink plenty of water before, during and after you walk. Also, let when walking, let your heels hit the ground first, allowing each step to roll from heel to toe. And most of all: Have fun as you Walk Around the Rez!

For more information, call 1-877-486-0141 or visit www.SRPMICWellPath.com.