



**WALKING
GUIDE**

Thanks for joining the Walking Group and the 6-Week Walking Challenge!

Wild Wonderful Walking Groups

promote an active lifestyle through
an individual walking challenge, weekly
group activities, and healthy behaviors.

GROUP LEADER NAME AND PHONE NUMBER

WALKING PARTNERS AND PHONE NUMBERS

DATES TO REMEMBER

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Step 1: Decide how you will track your daily walking—by minutes or pedometer steps.

For a pedometer, here is the right way to start:

- Clip your pedometer on your waist band or belt, directly above your knee.
- Be sure it is horizontal to the ground, not angled or dangling from your clothes.
- Set it to zero. Walk 50 steps. Check the pedometer.
- If it reads between 45-55, your step counter is working correctly.
- For counting minutes, carry a watch or cell phone.

Step 2: Start tracking your daily walking.

If you use a pedometer, clip it on first thing in the morning. Wear it each day. For the first three days, walk your normal routine — steps or minutes. On the third day, add up your totals:

Day #1 _____ total steps OR _____ total minutes

Day #2 _____ total steps OR _____ total minutes

Day #3 _____ total steps OR _____ total minutes

TOTAL _____ total steps OR _____ total minutes

Use this table as a guide to set new goals. Most begin this program at Inactive to Slightly Active levels, averaging 4,000 to 6,000 steps a day.

Step 3: Find your baseline

Divide the total steps for your first 3 days:
_____ ÷ 3 = _____ average steps or minutes per day.
This number is your baseline.

Write your baseline
on the chart below:

What is your
activity level now?

Your Baseline	Steps Per Day	Activity Level
	Less than 5,000	Inactive
	5,000 to 7,499	Slightly Active
	7,500 to 9,999	Moderately Active
	10,000 to 12,499	Active
	12,500 or more	Very Active

Adapted from America on the Move at www.americaonthemove.org

Six Simple Steps to Move More

Step 4: Set goals

Find ways to increase your daily steps by 2,000 more than your baseline. Or, add minutes to your walking time. Once you can meet this goal regularly, set a new goal. Increase your steps until you reach a new level that is comfortable, yet motivating to you. As your total daily steps increase, so will your health benefits.

Step 5: Track your steps or minutes every day.

Use the log on page 11 to track your steps or minutes for six weeks. Turn in your log to your group leader at the end of the six weeks.

Step 6: Keep on walking!

Stay physically active every day for the rest of your life! During the six-week challenge, you started a new habit that will add years and enjoyment to your life! Find other ways to add more steps to your day with other activities you enjoy.

Go to www.WVontheMove.net for more information or details on upcoming walking events.

Did you know . . . ?

60% of American adults do not get the needed 30+ minutes of physical activity a day?

See the guidelines at <http://www.cdc.gov/physicalactivity/>

Drink
plenty
of water
before,
during,
and after
walking.

4

5

6



Ten Reasons to Walk More

- ① You feel better and have more energy.**
- ② It helps manage your weight.**
- ③ Walking with your family is quality time together.**
- ④ You'll improve your health.**
- ⑤ It can save money — controlling health problems may lead to less dependence on costly medications. (Talk to your doctor first.)**
- ⑥ Your family, friends, and community will look to you as a role model.**
- ⑦ It takes little preparation or equipment.**
- ⑧ You can fit it into your busy schedule.**
- ⑨ You can make new friends.**
- ⑩ It helps prevent many chronic diseases and cancers.**

Celebrate Your Successes!

Remember, progress can be measured in many ways — mood, sleep, self-esteem, weight loss or energy. Reward yourself with something personal, specific and immediate to celebrate accomplishments, big and small. Try these ideas:

Inspirational Book • New Sports Equipment • Movie
Radio Headset • Interesting Magazine • Massage
Exercise Clothes • Music, Art or Flowers • Hand Weights

How the Body Responds to Physical Activity

What is Normal?	What is NOT Normal?
Faster heartbeat	Chest pain, pain down in your arm, heaviness in chest
Few skipped heartbeats	Continual heart pounding, fluttering or uneven heartbeats
Faster breathing	Faster breathing, light-headedness or feeling faint, dizziness, numbness, or pain
Deeper breathing	Extreme breathlessness that keeps you from talking during activity
More perspiration	Perspiring profusely or feeling "clammy"
Some temporary muscle stiffness	Sudden muscle pain

Adapted from the AARP Physical Activities Guide www.aarp.org

If you notice an abnormal problem or have any concerns about your ability to start this challenge, talk with your health care provider.

In an Emergency, call 9-1-1!

It all counts! If you do any of these activities, count the minutes, then add to your total step count for the day ...

Activity	Steps per minute		Activity	Steps per minute	
	Male	Female		Male	Female
Aerobics (High Impact)	181	189	Judo and Karate	254	260
Aerobics (Low Impact)	127	142	Jumping Rope	254	260
Aerobics (Step)	254	260	Mow Lawn (Push Mower)	127	142
Backpacking (On hill < 10 lbs)	181	189	Pilates	91	94
Baseball	127	142	Rowing	181	189
Basketball (Game)	145	212	Running (6 min/mile)	399	425
Basketball (Wheelchair)	163	165	Scrubbing Floors	91	94
Bicycling	199	212	Shoveling Snow	145	165
Bowling	73	71	Skiing Cross Country	181	212
Canoeing	91	94	Skiing Downhill	145	165
Chopping wood	145	165	Snowshoeing	199	212

Cycle (BMX/mountain)	218	236	Soccer (Competitive)	254	260
Cycle (Stationary/Moderate)	181	189	Stair Climber (Machine)	218	236
Dance (Ballroom)	73	71	Stair Climbing (Down)	73	71
Dance (Country/Line/Disco)	109	118	Stair Climbing (Up)	199	212
Dance (Square/Swing)	109	118	Swimming (Freestyle)	181	189
Elliptical Jogger	218	236	Swimming (Pleasure)	145	165
Football (Touch/Flag)	199	212	Tae Bo (Moderate)	290	330
Gardening (Heavy)	145	142	Tennis (Doubles)	145	165
Gardening (Moderate)	109	118	Tennis (Singles)	199	212
Golf (Riding in Cart)	91	94	Walking	91	94
Golf (Without Cart)	109	118	Washing the Car	73	71
Ice Skating	181	189	Waterskiing	145	165
In-Line Skating	190	200	Waxing the Car	109	118
Jogging (General)	181	189	Weight Lifting	73	71
Jogging (In Water)	199	212	Yoga	54	71



A Healthier Community



Help your community become more physically active. Here are a few ways you can get involved:

Participate in community walks and health fairs.

Talk to your family and friends about the benefits of walking.

Walk with your family on a regular basis.

Support others who need encouragement.

Start a walking program at the local school track, mall, or other community facility.

Healthy Lifestyle Websites:

www.WVontheMove.net

www.AmericaOnTheMove.com

www.CardiacWV.org

www.HealthFinder.gov

www.SmallStep.gov

www.Fitness.gov

www.CDC.gov/PhysicalActivity

www.Walking.About.com

**Small changes
add up to
BIG Results!**

Six Week Walking Log

Wear your pedometer every day. Track your minutes OR steps on this log each day.
Put a * each day you walk with a partner.

Name_____County_____

Address_____

City_____State_____Zip_____

Phone_____Email_____

Give your log to your walking group leader when you complete the challenge.

	Your Goal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total /Wk
Week 1									
Week 2									
Week 3									
Week 4									
Week 5									
Week 6									





This toolkit evolved from a pilot walking program in five West Virginia counties - Boone, Lincoln, Logan, Mingo and Wyoming. This kit and the pilot program success is attributed to the dedication of local citizens, funding from the Logan Healthcare Foundation, and leadership of West Virginia on the Move.

A collaborative project of West Virginia on the Move™, the West Virginia University Extension Service, and the West Virginia Community Educational Outreach Service.

For information: www.WVOntheMove.net 304-345-1235