1. Wellness Program - Take a Hike ................................................................. 2
  1.1 Mileage Conversion ............................................................................. 2
  1.2 Team Academic Affairs ..................................................................... 3
  1.3 Team Accounting ............................................................................... 3
  1.4 Team Advancement 1 ......................................................................... 4
  1.5 Team Advancement 2 ......................................................................... 4
  1.6 Team Bursarettes ............................................................................... 5
  1.7 Team Dining 1 .................................................................................. 5
  1.8 Team Dining 2 .................................................................................. 6
  1.9 Team Eclectic ................................................................................... 6
  1.10 Team Educational Foundations 1 ...................................................... 7
  1.11 Team Educational Foundations 2 ...................................................... 7
  1.12 Team Example ................................................................................ 8
  1.13 Team Facilities ................................................................................. 8
  1.14 Team HARP 1 ................................................................................ 9
  1.15 Team HARP 2 ................................................................................ 9
  1.16 Team Health Services Pace Makers ................................................ 10
  1.17 Team Holy Walkamoles .................................................................. 10
  1.18 Team Human Racers ...................................................................... 11
  1.19 Team IT .......................................................................................... 11
  1.20 Team Library .................................................................................. 12
  1.21 Team Lost in Pace ........................................................................... 12
  1.22 Team Mathematics .......................................................................... 13
  1.23 Team Psychopaths 1 ....................................................................... 13
  1.24 Team Road Warriors ...................................................................... 14
  1.25 Team Scimatrek ............................................................................. 14
  1.26 Team Soc4ever .............................................................................. 15
  1.27 Team SSI-SLI ................................................................................ 15
  1.28 Team The Slush Fund Movers ........................................................... 16
  1.29 Team Walkie Talkies ...................................................................... 16
  1.30 Team WSSD .................................................................................. 16
Wellness Program - Take a Hike

Join the Employee Wellness Team as we “hike” across the United States as part of our Win at Wellness, Spring 2013 Employee Walking Challenge. Each team will record its steps to see how far it travels along the 5,028 mile trail from Delaware to California. Accumulate steps by walking, running, swimming, dancing, or whatever exercise you prefer. This 10-week challenge will begin on February 18 and continue to April 29, 2013.

Register your team by emailing human.resources@millersville.edu with your Team Name, Captain's Email Address, and a list of Team Members (maximum of 12 members). If you need a team, we will find you one.

Healthy U participants will earn 25 points.

Fitness Tips:

- Listening to music while exercising will help you maintain a faster tempo.
- Hydrating before, during, and after your workout is key to the recovery process. The better your hydration level is the more stamina you will have during your workout and the better you will feel tomorrow.
- When warming up, it is better to do dynamic stretches at the beginning of your workout (jumping jacks, lunges, shoulder circles, jogging in place, etc.) and follow with static stretches (holding a stretch for a long period of time) at the end of your workout.

Team Mileage Pages

- Mileage Conversion
- Team Academic Affairs
- Team Accounting
- Team Advancement 1
- Team Advancement 2
- Team Bursaretes
- Team Dining 1
- Team Dining 2
- Team Eclectic
- Team Educational Foundations 1
- Team Educational Foundations 2
- Team Example
- Team Facilities
- Team HARP 1
- Team HARP 2
- Team Health Services Pace Makers
- Team Holy Walkamoles
- Team Human Racers
- Team IT
- Team Library
- Team Lost in Pace
- Team Mathematics
- Team Psychopaths 1
- Team Psychopaths 2
- Team Road Warriers
- Team Scimatrek
- Team Soc4ever
- Team SSI-SLI
- Team The Slush Fund Movers
- Team Walkie Talkies
- Team WSSD

Previous Years

- Spring 2012
- Spring 2011

Mileage Conversion

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### Aerobic Dance
- **Aerobic Dance**
- **45 minutes**
- **2.5**

### Basketball
- **Basketball**
- **60 minutes**
- **3**

### Bike/Stationary Bike
- **Bike/Stationary Bike**
- **15 minutes**
- **1**

### Boxing, Sparring
- **Boxing, Sparring**
- **25 minutes**
- **3**

### Cross Country Skiing
- **Cross Country Skiing**
- **60 minutes**
- **3**

### Curves Workout
- **Curves Workout**
- **30 minutes**
- **2**

### Dancing, competitive
- **Dancing, competitive**
- **25 minutes**
- **3**

### Fitness Class
- **Fitness Class**
- **15 minutes**
- **1**

### Golf (w/o cart)
- **Golf (w/o cart)**
- **9 holes**
- **1**

### Jog/Run/Walk
- **Jog/Run/Walk**
- **1 mile**
- **1**

### Jump Rope
- **Jump Rope**
- **10 minutes**
- **1**

### Pilates, Tai Chi, Yoga*
- **Pilates, Tai Chi, Yoga***
- **22 minutes**
- **1**

### Racquetball/Squash
- **Racquetball/Squash**
- **60 minutes**
- **3**

### Rollerblading
- **Rollerblading**
- **15 minutes**
- **1**

### Soccer
- **Soccer**
- **60 minutes**
- **3**

### Step Machine
- **Step Machine**
- **10 minutes**
- **1**

### Swim
- **Swim**
- **36 laps**
- **1**

### Tennis
- **Tennis**
- **60 minutes**
- **2**

### Volleyball
- **Volleyball**
- **60 minutes**
- **1**

### Weightlifting
- **Weightlifting**
- **60 minutes**
- **1**

*Yoga, vigorous
- **25 minutes**
- **3**

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### Team Academic Affairs

#### Team Captain:

Donna Geib

If there are any issues with tracking your mileage please contact your captain.

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### Mileage Conversion

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### Team Accounting

#### Team Captain:
Anne Stehman

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Mileage Conversion

Team Advancement 1

Team Captain: Linda Roush

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Mileage Conversion

Team Advancement 2

Team Captain: Janet Kacskos
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Mileage Conversion

**Team Bursarettes**

**Team Captain:** Pauline Trinkle

If there are any issues with tracking your mileage please contact your captain.

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Mileage Conversion

**Team Dining 1**

**Team Captain:** Pat Benson

If there are any issues with tracking your mileage please contact your captain.
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### Mileage Conversion

**Team Dining 2**

**Team Captain:** Pat Benson

If there are any issues with tracking your mileage please contact your captain.

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### Mileage Conversion

**Team Eclectic**

**Team Captain:** Eric Blazer

If there are any issues with tracking your mileage please contact your captain.

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Team Educational Foundations 2

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**Team Captain: Marilyn Cogansparger**

If there are any issues with tracking your mileage please contact your captain.

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**Team Captain: Marilyn Cogansparger**

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### Mileage Conversion

#### Team Health Services Pace Makers

**Team Captain: Gail Treires**

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### Mileage Conversion

#### Team Holy Walkamoles

**Team Captain: Allison Yarrow**

If there are any issues with tracking your mileage please contact your captain.

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**Team Conversion**

**Team Human Racers**

**Team Captain:** Sylvia Lepore

If there are any issues with tracking your mileage please contact your captain.

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**Team Captain:** Scott Anderson

If there are any issues with tracking your mileage please contact your captain.

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### Mileage Conversion

### Team Lost in Pace

**Team Captain:** Lisa Schreiber

If there are any issues with tracking your mileage please contact your captain.

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# Mileage Conversion

## Team Mathematics

**Team Captain:** Delray Schultz

If there are any issues with tracking your mileage please contact your captain.

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## Mileage Conversion

## Team Psychopaths 1

**Team Captain:** Rita Smith-Wade-El

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Mileage Conversion

Team Road Warriers

Team Captain: Christina Pantoja-Williams

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Mileage Conversion

Team Scimatrek

Team Captain: David Hutchens

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Team Captain: Kim Mahaffy

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Team SSI-SLI

Team Captain: Sara Burcin

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**Team Captain:** Kerri Butler

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**Team Captain:** Regina Goss

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**Mileage Conversion**
# Team WSSD

**Team Captain:** Julie Lombardi

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**Mileage Conversion**