Wellness Program - Take a Hike

Join the Employee Wellness Team as we “hike” perimeter of Pennsylvania as part of our Spring 2017 Employee Walking Challenge. Each team will record its steps to see how far it travels along The Great Loop, a 6,000 mile boating trail that encircles the eastern US - [http://www.greatloop.org](http://www.greatloop.org). Accumulate steps by walking, running, swimming, dancing, or whatever exercise you prefer. This 10-week challenge will begin on February 20 and continue to May 7, 2017.

Register your team by emailing employeewellnessevents@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.

Hikers who participate in all ten weeks will become part of a drawing for a prize.

Healthy U participants (Faculty, Coaches, Managers, Nurses, Police Only) will earn 25 points.

Tips for Success:

**Goal - 10,000 steps or five miles daily**

- Put your pedometer on when you get dressed in the morning and remove it before going to bed.
- Use a datebook, calendar or small tablet to record your daily steps.
- Convert all physical activity to steps. For example, you plan to use an elliptical trainer for 30 minutes
  - remove your pedometer before starting
  - “Run” on the elliptical trainer for 30 minutes
  - when you are finished, put your pedometer on
  - the conversion rate for one minute on an elliptical trainer is 203 steps; therefore, 30 minutes X 203 = 6,090 steps
  - add 6,090 steps to your pedometer count at the end of the day
- 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.

**Activity Conversions**

In addition to the minutes to mileage conversion below, here are a few activities with steps per minute:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Steps per minute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobics, high impact</td>
<td>182</td>
</tr>
<tr>
<td>Bicycling, leisurely</td>
<td>100</td>
</tr>
<tr>
<td>Bicycling, moderately</td>
<td>200</td>
</tr>
<tr>
<td>Bicycling, vigorously</td>
<td>250</td>
</tr>
<tr>
<td>Handball, recreational</td>
<td>142</td>
</tr>
<tr>
<td>Karate</td>
<td>290</td>
</tr>
<tr>
<td>Pilates</td>
<td>101</td>
</tr>
<tr>
<td>Rowing, light</td>
<td>111</td>
</tr>
<tr>
<td>Rowing, moderate</td>
<td>179</td>
</tr>
<tr>
<td>Yoga</td>
<td>100</td>
</tr>
<tr>
<td>And for our favorite winter activity -</td>
<td></td>
</tr>
<tr>
<td>Shoveling, light</td>
<td>133</td>
</tr>
<tr>
<td>Shoveling, moderate</td>
<td>174</td>
</tr>
<tr>
<td>Shoveling, heavy</td>
<td>278</td>
</tr>
</tbody>
</table>

Team Mileage Pages

- **Mileage Conversion**
Team Accounting for Our Steps  
Team Bit by Bit  
Team Bit by Bit 010  
Team Brent  
Team Burn Babies Burn  
Team Dollars & Sense  
Team Earth, Wind and Fire  
Team EDFN Stairmasters  
Team Example  
  Team Earth Wind and Fire  
Team Heard About 3rd  
Team Henriques  
Team HR  
Team Library  
Team Lost in Pace  
Team Mathematics  
Team No Pressure  
Team Not So Hidden Figures  
Team NumberWon  
Team Psychopaths I  
Team Psychopaths II  
Team Scimatrek  
Team SSI #1  
Team SSI #2  
Team Stayer Steppers  
Team University Dining Walkers  
Team Witmer Pacemakers  
Team WSSD

**Previous Years**

- Spring 2016  
- Spring 2015  
- Spring 2014  
- Spring 2013  
- Spring 2012  
- Spring 2011