**Take a Hike**

Join the Employee Wellness Team as we "hike" The Pacific Coast Trail (PCT) which spans 2,650 miles from Mexico to Canada through California, Oregon, and Washington. It is a National Scenic Trail [https://www.fs.usda.gov/pct](https://www.fs.usda.gov/pct) Each team will record its mileage to see how far it travels along the trail. Accumulate steps by walking, running, swimming, dancing, shoveling snow or whatever exercise you prefer. This challenge will begin on February 15 and continue to April 25, 2021.

Register your team (12 member maximum) by emailing employeewellessevents@millersville.edu with your Team Name, Captain's Email Address, and a page will be created so that teammates can be added by the captain. If you need a team, we will find you one.

Hikers who participate in the entire hike will become part of a drawing for a prize.

**Tips for Success:**

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

At the end of each week convert your steps to mileage – 2,000 steps = 1 mile

- Put your tracker 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 tracker 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 AA&SD
- Team Accounting & Budget
- Team Bit by Bit
- Team Duncan Dash
- Team EDFN Stairmasters
- Team Example
• Team Human Racers
• Team International Programs & Services
• Team Library
• Team Lose the COVID 19
• Team Mathematics
• Team Scimatrek
• Team Strolling Stethoscopes
• Team Trek-nology
• Team Will Walk for donuts
• Team WSSD

Previous Years

• Spring 2020
• Spring 2019
• Spring 2018
• Spring 2017
• Spring 2016
• Spring 2015
• Spring 2014
• Spring 2013
• Spring 2012
• Spring 2011