Take a Hike

Join the Employee Wellness Committee in the 12th Annual Take A Hike. This is our team challenge with self tracking mileage. This year’s theme is focusing on the 2022 Winter Olympics in Beijing, China. We will hike from Beijing to Harbin to check out the Annual International Ice Festival. As the spring approaches we will continue our hike down to Shanghai to stop at a number of tourist spots and the beautiful gardens that the city is known for. We will begin our hike on Monday, February 21st and conclude on Sunday, May 1st.

Please go to the to 12th Annual Take A Hike - Registration for Team Captains and Free Agents form to register as a “Free Agent” or to register a team.

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>
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<tr>
<td>Pilates</td>
<td>101</td>
</tr>
<tr>
<td>Rowing, light</td>
<td>111</td>
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<td>Yoga</td>
<td>100</td>
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<tr>
<td>And for our favorite winter activity -</td>
<td></td>
</tr>
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<td>Shoveling, light</td>
<td>133</td>
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Team Mileage Pages

- Accounting and Budget
- Can Doers
- CORE
- CORE Too
- Duncan Dream Team
- EDFN Stair Masters
- Mileage Conversion
- Mind Over Miles
- Scimatrek
- Strolling Stethoscope
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. 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 employeewellnessevents@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.

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Yoga 100

And for our favorite winter activity -

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Shoveling, moderate 174
Shoveling, heavy 278

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- Strolling Stethoscope
- TBA
- Team AA&SD
- Team Example
- Team Library
- Team Mathematics
- Team WSSD
- Trek-nology
- Wehrheim Walkers
- Will Walk for Donuts

Previous Years
- Spring 2020
- Spring 2019
- Spring 2018
- Spring 2017
- Spring 2016
- Spring 2015
- Spring 2014
- Spring 2013
- Spring 2012
- Spring 2011