

Living Well Calhoun

February 2019 Initiatives

***BACK THIS YEAR

Is there a goal you would like to achieve before the end of November 2019?

Ex.: Lose 20lbs, / Run a 5k for the first time / Lower Cholesterol (show Cholesterol level at the beginning and end) etc.

Write your goal on the back of your fit ticket, and have a Wellness Committee Member initial.

Show proof of achieving your goal at the end of November & get an extra point on your fit ticket.

Step It Up Challenge

Are you up for the challenge?

This initiative requires you to climb at least 10 flights of stairs 5 times a week during the month of February. Record how many flights you climbed on a daily basis and show to a Wellness Committee Member no later than Friday, March 8th, to earn an incentive point for February.

Completed log sheets must be received in HR no later than Friday, March 8th, to be eligible for the prize drawing.

Completed sheets can be scanned and emailed to HR at mstamand@calhouncountymi.gov or sent via inter-office mail.

If stairs are not your thing, Just Walk it Off

CHALLENGE: 10,000 STEPS A DAY

How many steps do you walk each day?

You may have heard the general recommendation to walk 10,000 steps per day. There is nothing magic about this number, but it is a goal to get you started and keep you motivated. You simply start tracking your steps and gradually increase over a period of time.

How far is 10,000 steps? An average person has a stride length of approximately 2.1 to 2.5 feet. That means that it takes over 2,000 steps to walk one mile; and 10,000 steps would be almost 5 miles. A sedentary person may only average 1,000 to 3,000 steps a day. For these people adding steps has many health benefits.

Grab your pedometer, fitness tracker or download an app on your phone to easily track your steps each day. Start tracking as soon as you get out of bed, and keep counting until bed time. Record your daily steps in the attached calendar.

If you take 10,000 steps a day, Congrats and keep doing it at least 5 days a week.

However, if you do not meet the 10,000 required steps, but you average more like 3,000 steps a day, your goal is to increase your daily steps each week by 500 per day. Example: If in your first week you average 3,000 steps each day, your goal for the following week will be 3,500 at least 5 days a week. The week after will be 4,000 each day.

There are many ways to increase daily steps. Here are few suggestions. Use your imagination and come up with your own list:

- Take a walk with your spouse, child, or friend
- Walk the dog
- Use the stairs instead of the elevator
- Park farther from the store
- Better yet, walk to the store
- Walk on your break/lunch
- Plan a walking meeting
- Walk over to visit a neighbor

THINK THIS IS HARD???
IT SHOULD BE, THAT'S WHY IT'S CALL A CHALLENGE!!!

NAME: _____
DEPT: _____

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▶ February 2019

Sun Mon Tue Wed Thu Fri Sat

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10 11 12 13 14 15 16

17 18 19 20 21 22 23

24 25 26 27 28

