

the challenge! Walks across Johnson County

WALK 16 MILES IN ONE WEEK October 4-11, 2009

Sixteen miles represents the east-west distance across Johnson County

Thank you for registering to participate in Walks Across Johnson County. You have won a free pedometer for being one of the first 250 to register.

Walkers throughout Indiana are joining the effort to **be more fit** as part of INShape Indiana's Walks Across Indiana event coordinated by Purdue University Cooperative Extension Service, the Governor's Council for Physical Fitness and Sports and the Indiana State Department of Health.

You may use this activity log to keep track of the number of miles you walk during the challenge.



Daily Activity Log

Participant Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TOTAL MILES								

Please record the number of miles each participant completes during the week of October 4-11 and report the total miles walked to Partnership for a Healthier Johnson County. Submit your results by email to partnership@johnsonmemorial.org, fax (317) 346-3738 or by mail P.O. Box 549, Franklin, IN 46131 by October 18, 2009. Be sure to report the number of miles you do walk even if it is not the entire 16.

CONVERT MINUTES TO MILES

You can The following activities, done at a moderate speed equals one aerobic mile.

ACTIVITY	MINUTES
Swimming	16
Stationary Bike	13
Biking	14
Golfing (carry bag)	25
Tennis	15
Weightlifting	20
Skating	15
Stair stepping	13
Steps/Walking	20



PURDUE EXTENSION

Sponsors of Walks Across Johnson County:

Partnership for a Healthier Johnson County
Purdue Extension Johnson County
INShape Indiana