# Goal



IDOH 500 Mile Challenge

This mini challenge is to promote daily physical activity during Indiana’s famous month of May. The goal is for all IDOH locations to move a **combined** total of 500 miles in a work week (Monday, May 20 - Friday, May 24) for a chance to win a free casual day and prizes.

# **Register and Participate** There is no cost to participate. By participating, you focus on being physically active each day during the work week. The goal is to get as many miles as you can to contribute to the larger IDOH goal of reaching 500 miles. [Register](https://forms.office.com/g/kA2KNG4K0T) to get started!

# Get moving and recording Once you register, you will be sent a log sheet that you will fill out daily. On the log sheet, simply write the total number of miles that you moved in each daily box. At the end of the week, you will scan, take a picture of, or write down your total miles in an email, and send it to [HealthandWellnessCouncil@health.in.gov](mailto:HealthandWellnessCouncil@health.in.gov).

**Conversions:**

* 1,000 steps= 0.5 miles
* 2,000 steps= 1 mile
* 10,000 steps= 5 miles

If the weather is not conducive to outdoor activity, or if you prefer to stay active in another way, you can use the following conversions to log additional miles:

* Swim, bike, or walk for 30 minutes = 2 challenge miles
* Chair/desk movement for 30 minutes = 1 challenge mile
* [Click here](https://ingov.sharepoint.com/:w:/r/sites/ISDHHealthandWellnessCouncil/Shared%20Documents/Event%20Planning%20Working%20Group/Event%20Planning%20Working%20Group/IDOH%20500%20Planning%20Materials/Stretch%20Conversation%20Chart.docx?d=w6dafb7da352044259b7405ba39269f82&csf=1&web=1&e=HeJq7P) for chair/desk movement information. [Click here](https://movespring.com/resources/activity-converter) for an activity to step convertor.

**Step Counts for IDOH Locations:**You are not confined to only move in these areas, but these are suggested distances that are premeasured for your convenience:

* **2N:** Front doors, around Monument Circle, and back – 1 lap = 700 steps/.35mile
* **IGC:** Robert Orr Plaza, around IGC-S, back to Plaza – 1 lap = 1000 steps/.5 mile
* **Shadeland:** Full lap around the building – 1 lap = 2000 steps/1 mile
* **CDHHE:** Full lap around School for the Deaf – 1 lap = 3000 steps/1.5 mile
* **Labs:** Full lap around building – 1 lap = 800 steps/.4 mile

There are maps of walking paths for each IDOH location to help track your steps and miles during the workday. The walking trails can be found in [The Nerve Center](https://www.in.gov/isdh/thenervecenter/2438.htm) under the Health and Wellness tab  employee walking maps.