The IDOH 500 Mile Challenge

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Total |
| Activity chosen |  |  |  |  |  |  |
| Number of steps/miles |  |  |  |  |  |  |

**Recommendations:**

**ALL steps and activities count.** Physical activity is not just time spent in a gym. Think about all the ways during your workday where you can add steps. Consider these tips:

* Take a longer route to the restroom
* Take short 10-minute walks at the beginning and/or end of your lunch hour
* Park further away from the building or walk to work from the parking garage

See the attached IDOH 500 rules sheet for more ideas.

**Conversions:**

IDOH Walking Maps can be found in the Nerve Center under: Health and Wellness tab → employee walking maps.

Swim, bike, or walk for 30 minutes = 2 challenge miles

1,000 steps = 0.5 mile

2,000 steps = 1 mile

3,000 steps = 5 miles