



# 2011 OFFICIAL HANDBOOK



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**Live Smart. Live Healthy.**



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**W**elcome to Montana's team wellness program designed to get Montana "Shaped UP". Since 1990 Montana has steadily increased in obesity among adults and children. Recent 2009 data from the CDC states that 62.1% of Montana adults are overweight or obese and the obesity rate for Montana adults rose from 9% in 1990 to 23.7% in 2009. Only 25.3% of Montana adults are getting their "5 A Day" fruit and/or vegetable consumption. Finally, only 32.8% of Montana adults are classified as getting 20 minutes of vigorous physical activity 3 or more days a week.

The consequences of our health behaviors are very real and far-reaching, impacting our families, health care system and economy. Shape Up Montana takes health care by the horns by getting people involved in their wellness.



### Program Perks!

- SUM T-shirt
- Access to SUM Wellness Calculators
  - ~ BMI
  - ~ Target Heart Rate
  - ~ Energy Needs
  - ~ Healthy Body Weight
  - ~ Activity Conversion Calculator
- Access to Interactive Miles Log Sheet
- Access to Animated Exercises
- Access to Healthy Recipes and Articles
- Exclusive to SUM members: "Shape Up Week". **Members are invited to try a health club in your area. (participating facilities will be posted for the week of March 14-20)**



**S**hape Up Montana is a three-month competition from February 1 – May 1 engaging Montanans as a team to develop sustainable physical activity and eating habits. The teams are made up of a minimum of 4 and a maximum of 10 people. This program works because of the team format: making fitness fun and creating accountability. **Beginners are highly encouraged to join!**

**Team competition will recognize achievement in two separate categories: Accumulated Activity and Weight Loss.**

**Accumulated Activity.** Any activity you do can count as miles! The new SUM Activity Conversion Calculator is available to all members on their **Personal Dashboards**.

#### Activity Divisions:

- Beginners
- Intermediate
- Experienced
- Professional
- Family

**Weight loss.** Teams submit weights at the beginning, mid-way and at the end of the program. All weights are confidential and are submitted online on their personal dashboards.

**E**ach week Shape Up Montana and Eat Right Montana will post on an Activity & Nutrition article and an animated exercise. In addition, SUM will post a healthy recipe and weekly challenges to earn bonus miles. This information will be posted on your personal dashboard.

**History of SUM** ~ In its eighth year, Shape Up Montana 2010 had 5,363 participants. At final reporting, the Activity teams had accumulated 1,481,830 miles (going around the world 59.5 times). The Weight Loss teams lost an average 5.3 pounds per person.

## HOW IT WORKS

### **IMPORTANT:** **Accessing Personal Dashboard**

#### **Setting Up Username and Password (U & P)**

Each Team Captain and Team Member providing an email address during registration will be sent a "**profile link**" by [webmaster@shapeupmontana.org](mailto:webmaster@shapeupmontana.org) to set up a U & P. See example located on **page 6** this booklet).

**NOTE:** The profile link can **ONLY** be used by the person it is associated with. If you are sharing an email address then you need to share the U & P. *Need to change or add an email? [See below.](#)*

After setting up your U & P you may log in any-time to your **Personal Dashboard** in the upper left-hand corner of the SUM homepage.

#### **Log in to view these items:**

[Weekly Articles \(Activity, Nutrition & Recipe\)](#)

[Weekly Animated Exercises](#)

[Personal Weekly Challenges:](#)

[Personal Monthly Fruit & Veggie Challenge:](#)

[View & Use: Activity and Health Calculators](#)

[Enter & Edit Miles and/or Weights](#)

### **How Do I Change/Add an Email Address?**

1. Email request to [sum@bigskygames.org](mailto:sum@bigskygames.org)

And include these items:

- [Team Name](#)
- [Member Name](#)
- [Preferred Member Email Address](#)

2. After request is submitted: SUM will send an email, with a new "profile link", to the new submitted email address to set up their own Username & Password.

### **How Do I Add A New Team Member?**

1. Fill out Roster Change form **located on page 7** in this booklet or a writable pdf form is located on the SUM homepage.

2. New members added after the t-shirt deadline is not guaranteed a shirt.

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### **Personal Weekly Challenges (PWC)**

1. PWC are viewable by clicking on this logo on your **Personal Dashboard**. The PWC includes an activity and nutrition challenge to be completed by the end of the week. These are an option to earn bonus miles in addition to your other activities.



2. If you would like to take the Challenge, simply click on the "Submit Form" by that week's challenge.

3. If you complete the Challenge you may record the **bonus miles** for that week on your [Personal Activity Chart](#) then submit online with your other activity miles. Your name will also go into a drawing for incentive prizes for that week!

### **Monthly Fruit and Veggie Challenges**

1. The Monthly Fruit and Veggie 5 a Day Challenge chart is available monthly. By clicking on this logo on your **Personal Dashboard**.



2. Participants who have completed the 5 A Day Challenge for the whole month will be entered into a drawing to win Incentive Prizes!

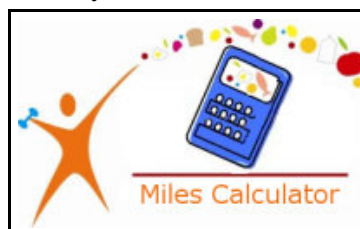
3. When you have completed this monthly Challenge, simply click on the "Submit Form" located by the Veggie Challenge logo.

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## HOW IT WORKS

### Using The Activity Conversion Calculator

This handy calculator is located on your **Personal Dashboard** and has hundreds of activities to choose from and calculates those into miles! In addition to your miles it also calculates approximately how many calories you used. Get busy!



### Using the Interactive Personal Mile Log Sheet



The interactive personal mile log sheet is available at [shapeupmontana.org](http://shapeupmontana.org) and allows you to do the following:

- Select a month
- Enter in dates in the small boxes in left corner
- Enter in daily miles. (see "Using Miles Calculator" )
- Automatically totals weekly and monthly miles

**REMINDER!** Hit the 'save' button on your computer to save daily entry.

### Reporting Activity Miles Monthly

1. At the end of each month log into your **Personal Dashboard** to submit your monthly mile totals. You may edit your own miles at any time.
2. Your miles will automatically be combined with your team members and the team average will be viewable on the link, "Compare Average Total and Miles In My Division". This is where your team is compared to all teams across the State in that division.

### Guidelines to Establishing Short-Term Goals

Think of goal setting as climbing a ladder, with the emphasis placed on the reasonable equal distances between each step.



#### **1. Make Your Goals Challenging, but Realistic**

\* If you can ride a stationary bike for 12 minutes then set your beginning goal at riding the bike for 15 minutes. After you accomplish this goal set another goal that is more challenging, but realistic.

#### **2. Set Specific, NOT General, Goals**

\* Instead of setting a goal to improve cardiorespiratory fitness, aim to increase your ability to sustain vigorous activity (75% - 85% Target Heart Rate) from 10 minutes to 25 minutes.

#### **3. Set Short-Term Goals before Long-Term Goals**

\* Set the goal in a time period that is short enough to keep you highly motivated. An example of this would be to lose 4 pounds this month, instead of only focusing on losing 32 pounds.

#### **4. Make Your Goals Measurable and Have a Time Limit**

\* When setting your goals make sure that you can measure the outcome of the goal in a specific time frame. A measurable goal would look like this: my muscular strength goal is to be able to successfully complete 20 push-ups by May 1.

#### **5. Be Flexible when Setting Goals**

\* Setting quality goals takes time and practice. If you find your goals too easy or too hard, then just be flexible and adjust your goals so that they are more meaningful and motivating to you.

#### **6. Set TEAM Goals**

- \*After setting your individual goals to improve your fitness, go through all of these steps again with your TEAM. Your individual goals should be seen through your TEAM goals and will help keep the team focused.

**BE POSITIVE & HAVE FUN!  
STAY WITH THE MISSION!  
USE YOUR TEAM!**

**T**ogether **E**veryone **A**chieves **M**ore!

# Managing My Team

## Correcting Team Information

1. Each team member has the ability to edit their own miles and/or weights.
2. Log into Personal Dashboard and select either 'Enter Miles' or 'Enter Weight'. The current number will be listed. Simply delete the number in the box and enter the correct miles or weight. **Then click the "edit" button directly under the box to save the change.**

## Additional Changes Regarding The Team TC Change, Deleting A Member, T-shirt size, etc.

1. Contact SUM at [sum@bigskygames.org](mailto:sum@bigskygames.org) or call 406.254.7426
2. Need to add a member? see page 3.

## Forgetting Username or Password

1. Simply click on the link, "Forgot Username or Password" under the log in box at [www.shapeupmontana.org](http://www.shapeupmontana.org).
2. You will then be prompted to submit your email address or Username and an email will be sent to you to set up a **NEW** Username or Password.

## Reporting Progress

### Reporting Activity Miles Monthly

1. At the end of each month log into your **Personal Dashboard** to submit your monthly mile totals. You may edit your own miles at any time. (Remember to include any bonus miles that you earned by doing the Weekly Challenges)
2. Your miles will automatically be combined with your team members and the team average will be viewable on the link, "Compare Average Total and Miles In My Division". This is where your team is compared to all teams across the State in that division.

### Reporting Weight Loss (Weight Loss Teams Only)

1. Log into your Team Dashboard to submit.
2. WL teams need to submit a beginning weight by Feb. 8th.
3. Team members may submit individually or Team Captain may submit a total team weight.
4. Weights are not viewable to the public or the TC. Individuals on the team can only view their own weight.





### **EXAMPLE OF TEAM CAPTAIN EMAIL TO SET UP USERNAME AND PASSWORD**

Shape Up Montana Registration

Thank you for registering your Team for Shape Up.

IMPORTANT! Please visit the following link to set up your Shape Up Username/Password to access information throughout the Program.

Including the Weekly Articles, Challenges, and Reporting Page.

<http://www.shapeupmontna.org/profile/setup.php?id=MTE=&T=4>

Team Name: BSSG Family

Division: Activity Family & Weight Loss

Company : BSSG

### **EXAMPLE OF TEAM MEMBER EMAIL TO SET UP USERNAME AND PASSWORD**

Welcome to Shape Up! Your Team Captain has registered your team - PLEASE follow these instructions.

Visit the following **link below your name** to set up your Shape Up Username/Password to access information throughout the Program.

Including the Weekly Articles, Challenges, and Reporting Page.

Team Name: BSSG Family

Division: Activity Family & Weight Loss

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Sally Test

Belgrade, MT 59006

sally@bigskygam.org

Age:35

Shirt: Medium

Employer:

<http://www.shapeupmontna.org/profile/setup.php?id=MTM=&T=4>

Member fee: \$15

Sponsors of BSSG/SUM fee:\$10



2011 Shape Up Montana Roster Change  
please fill in the information below and click the print button

Team Name .....

Division.....

Added Member .....Age.....

Company .....

Address .....

City/State/Zip .....

**Important: E-mail**.....

Day Phone/Evening Phone.....

T-Shirt Size (\$2 extra for 2X / \$3 for 3X-5X)

Paid: Check \_\_\_\_\_ Cash \_\_\_\_\_ Total Paid:\_\_\_\_\_

**(to pay by credit card—please call the office: 406-254-7426)**

**Signing your name indicates that you have read and agreed to the waiver written below.**

In consideration of being allowed to participate in any way in the BIG SKY STATE GAMES athletic/sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that: 1.The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, 2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE of the releases' or others, and assume full responsibility for my participation; or others, and assume full responsibility for my participation; and, 3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and, 4. I, for myself and on behalf of my heirs, assigns, personal representative and next of kin, HEREBY RELEASES AND HOLDS HARMLESS THE BIG SKY STATE GAMES, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and leassors of premises used to conduct the event ("Releases"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.I give my permission for the free use of my name and/or picture for use in broadcasts, telecasts, newspaper, etc., for the promotion and information purposes of the event organizers. I (and my parent/guardian) have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I (we) have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Waiver Signature .....

Mail to: Big Sky State Games/Shape Up Montana  
Box 7136  
Billings, MT 59103  
FAX: 254-7439

## RATING OF PERCEIVED EXERTION TO DETERMINE EXERCISE INTENSITY

### Ratings of Perceived Exertion (Borg Scale)

Another method that can be used in conjunction with taking your pulse is the Ratings of Perceived Exertion (RPE). This is a subjective method that allows you to rate how hard you feel you're working. RPE can be the primary means of measuring exercise intensity if you do not have typical heart rate responses to graded exercise. **These people include those on beta blocking medications, some cardiac and diabetic patients, pregnant women, and others who may have an altered heart rate response.**

On a scale of 0 - 10, rate how you're feeling in terms of exercise fatigue, including how you feel both physically and mentally. You should be exercising between an RPE of 4 (somewhat strong) and an RPE of 5 or 6 (strong). Use the following table to determine the intensity level:

- 0 . . . . Nothing at all
- 0.5 . . . Very, very weak
- 1 . . . . Very weak
- 2 . . . . Weak
- 3 . . . . Moderate
- 4 . . . . Somewhat strong
- 5 . . . . Strong
- 6
- 7 . . . . Very strong
- 8
- 9
- 10 . . . Very, very strong (Maximal)



### The Talk-Test Method

Like the RPE, the talk test method is subjective and should be used in conjunction with taking a pulse. The talk test is quite useful in determining your comfort zone of aerobic intensity, especially if you are just beginning an exercise program. If you are able to talk during your workout without a great deal of strain, you're most likely in your comfort zone. Work at an intensity that allows you to breathe comfortably and rhythmically throughout all phases of your workout. This will ensure a safe and comfortable level of exercise.

Source: American College of Sports Medicine

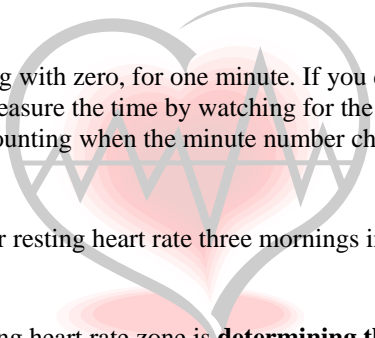


## CALCULATING AEROBIC EXERCISE INTENSITY A.K.A.

### Karvonen Formula

This heart rate reserve formula is one of the most effective methods used to calculate a training heart rate. The formula factors in your resting heart rate, therefore, you'll need to determine your resting heart rate by doing the following:

- Prior to getting out of bed in the morning, take your pulse on your wrist (radial pulse) or on the side of your neck (carotid pulse).
- Count the number of beats, starting with zero, for one minute. If you don't have a stop watch or a second hand in your bedroom, you can measure the time by watching for the number to change on a digital alarm clock. Find your pulse and start counting when the minute number changes the first time, stop counting when it changes again.
- To help assure accuracy, take your resting heart rate three mornings in a row and average the 3 heart rates together.



Another element in finding your training heart rate zone is **determining the intensity level** at which you should exercise. As a general rule, you should exercise at an intensity between 50% - 85% of your heart rate reserve. Your individual level of fitness will ultimately determine where you fall within this range. Use the following table as a guide for determining your intensity level:

Beginner or low fitness level . . .50% - 60%  
Average fitness level . . . . . 60% - 70%  
High fitness level . . . . . 75% - 85%

<u>Example</u>	<u>You</u>
<b>220</b> (standard)	<b>220</b> (standard)
<b>- 40</b>	<b>(-) your age</b>
<b>= 180</b>	<b>(=) maximum heart rate</b>
<b>- 65</b>	<b>(-) <u>your resting heart rate</u></b>
<b>= 115</b>	<b>(=)</b>
<b>x 60%</b>	<b>(x) exercise intensity ( sed. 40-60% active 65-85%)</b>
<b>= 69</b>	<b>(=)</b>
<b>+ 65</b>	<b>(+) <u>your resting heart rate</u></b>
<b>= 134</b>	<b>(=) target heart rate at 60%</b>

Source: American College of Sports Medicine

### **Taking Your Heart Rate**—(if you do not have a heart rate monitor.)

Generally, to determine whether you are exercising within your heart rate target zone, you must stop exercising briefly to take your pulse. We recommend doing this by placing the tips of your index and middle fingers over the radial artery on the wrist and press lightly. Do not use your thumb. Take a full 60 second count of the heartbeats, or take for 30 seconds and multiply that number by 2. Start the count on a beat, which is counted as “zero.”





# Tips on Forming Teams



As a team captain you are responsible for putting together your team. Teams can have up to ten members. The following tips can help you build your team in a variety of places.



## Worksite Teams

- Post a sign-up sheet at the water fountain or on the bulletin board.
- Send e-mail to employees.
- Form teams from various departments, work shifts or building floors to develop some friendly competition.
- Established weight loss support groups could become involved to add new interest and incentive to their current programs.

### *Worksite Teams' tips for success*

Does your business have long hallways that might offer a location for walking in inclement weather? Measure the length to determine distance walked. Borrow a measuring wheel from a local athletic group and make maps available of various routes. List local resources for walking, i.e. city walking paths, school tracks, malls, gymnasiums and around the inside of a large store.

Having a support group to monitor and encourage progress in health goals is always beneficial. Your business' wellness committee could help meet that need along with the fun and fellowship of working on a common goal of physical well-being.



## Adult School Teams

- Ask to talk at a school meeting
- Put a notice of the program in staff announcements.
- Place table tents in the school cafeteria and teachers' lounge.
- Promote in the school newsletter.
- Post team name and participants in the teachers' lounge.

### **Examples of Adult School Teams**

- School cooks
- bus drivers
- Middle & high school teachers
- Administrators
- "arts" vs "science" faculty/staff
- Upper elementary vs lower elementary teachers

### *Adult School Teams' tips for success*

- Post accomplishments in the teachers' lounge, bus barn, kitchen, etc.
- Chart successes for friendly motivation
- Encourage before and after school walking in the hallways or outside with a pedometer or predetermined path.



## Community Teams

- Various community boards and clubs can offer a challenge to one another to walk the most miles, lose the most pounds, eat the most fruits and vegetables, etc.
- The community can work together to mark walking routes with distances, open public buildings such as schools for walking at designated times and encourage local businesses to provide incentives.
- Place a "thermometer" in town showing the progress of the whole community toward better health habits.

### **Examples of Community Teams**

- Elected and appointed officials - board of supervisors, school board, hospital board, city council, public health board, county extension council, library board, soil conservation board.
- Community services clubs—Kiwanis, Rotary, hospital auxiliary, Lions, sororities, Jaycees, women's clubs
- Community coalitions—United Way, wellness coalitions, advisory councils, neighborhood groups, Chamber of Commerce
- Or the community as a whole can divide into various teams, challenging and supporting one another.

### *Community Teams' tips for success*

- Post accomplishments in local newspapers, chamber and club newsletters.

Community boards and clubs are involved in many challenging decisions. Improving healthy lifestyle habits could lead to better stress management and better decisions.

Community boards and clubs also act as examples to the citizens on how it improves their health. Better health leads to a better quality of life and a stronger community.





## Tips on Forming Teams (cont'd)



### **Faith Community Teams**

- Post a sign-up sheet on the church bulletin board
- Put information in the bulletin and newsletter
- Encourage other faith communities in your area to participate and develop some friendly competition.

### **Examples of Faith Community Teams**

- Establish teams from groups in your faith community such as the board, deacons, deaconesses, missionary committee or adult fellowship groups.
- Form several smaller teams from within the men's or women's group.
- Established weight loss support groups could become involved to add new interest and incentive to their current program

### ***Faith Community Teams' tips for success***

Does your building have a gym, large meeting hall or long hallways? It might offer a location for walking in inclement weather. Measure the length to determine distance walked. Borrow a measuring wheel from a local athletic group and make maps available of various routes. List local resources for walking, i.e. city walking paths, school tracks, malls, gymnasiums and around the inside of a large store.

Having a support group monitor and encourage progress in health goals is always beneficial. Your faith community could help meet that need along with the fun and fellowship of working on a common goal of physical and spiritual well-being.



### **Family Teams**

- At a family dinner introduce the idea of your family teaming up to improve health.
- Family can be just those you live with or extended family from out of Montana.

### ***Family Teams' tips for success***

- Designate your refrigerator as the team bulletin board.
- Chart successes for family motivation.
- Encourage family walking with a pedometer or a pre-determined path.
- Decide on some specific family prizes for each member or the entire team when you achieve your goals.
- Track the number and kind of produce your family eats.



### **Older Adult Teams**

- Contact the local "Area Agency on Aging" to promote the program in its newsletters
- Create competition between meal sites and/or senior centers in various communities.
- Promote on the local cable TV station and radio stations.
- Write articles for newspapers and newsletters.

### **Examples of Older Adult Teams**

- Grandparent/grandchild teams (within the family or may be organized through faith community).
- Teams at senior centers, meal sites or senior living apartment complexes.
- Teams from established groups such as church groups, gold-age bank clubs, libraries, hospital 60+ groups and legion auxiliaries.

### ***Older Adult Teams' tips for success***

Does your building have a gym, large meeting hall or long hallways? It might offer a location for walking in inclement weather. Measure the length to determine distance walked. Borrow a measuring wheel from a local athletic group and make maps available of various routes. List local resources for walking, i.e. city walking paths, school tracks, malls, gymnasiums and around the inside of a large store.

Having a support group monitor and encourage progress in health goals is always beneficial. Set times and locations for seniors to meet, walk and socialize.



## 2011 Activity Conversion Chart



For a complete listing of activities use the **SUM Miles Calculator** by logging into your **Personal Dashboard** at: <http://www.shapeupmontana.org>

The calculator will provide you with miles and approximately how many calories you used during the recorded activity.

**Please remember to keep the spirit of SUM in mind when reporting.  
This is an on your “honor” system.**

Activity Level	Description	<b>SAMPLE ACTIVITIES</b> CDC & ACSM guidelines	Energy Conversion
Level 1	<b><u>Light Activity</u></b> (less than 3.5 kcals used per minute)	gardening, bowling, snowmobiling, painting, car washing, fishing, window cleaning, golf (without cart), slow treading in pool, dusting or vacuuming.	20 minutes of activity = 1 mile
Level 2	<b><u>Moderate Activity</u></b> (3-7 kcals used per minute)	softball, weightlifting, shoveling snow, dancing, barn cleaning, racquetball, tennis, volleyball, skiing easy, handball, yoga, ice skating recreational, swimming recreational, competitive table tennis.	20 minutes of activity = 2 miles
Level 3	<b><u>Vigorous Activity</u></b> (7.5 + kcals used per minute)	exercise classes: i.e. (spinning, step, kickboxing, body pump, circuit.) basketball, soccer, cross country skiing, hard mogul skiing, martial arts, boxing sparring, chopping wood, swimming fast laps, competitive dancing.	25 minutes of activity = 3 miles
Running & Walking		Report Actual Miles	
Biking		3:1 Ratio (Report 1 mile for every 3 biked)	

**Quick recording examples:**

1. My basketball game lasted 1 hour, but total minutes I played throughout the game was 25; I would record 3 miles for my activity.
2. I went downhill skiing for 6 hours, but my actual time skiing, at an moderate pace, not including riding on the lifts, was 2 hours; I would record 12 miles for my activity.

**Reminder:**

If you are using a pedometer, please do not “double dip”, meaning if you played racquetball continually for 1 hour and recorded 6 miles you shouldn’t also record your pedometer reading.

## Tracking Your Steps With A Pedometer

### Fast Facts

- Studies show that taking about 10,000 steps a day is the target for improving health and reducing risk of chronic disease.
- Most people average about 2,000 to 4,000 step a day in routine activity.
- Approximately 2,000 steps equal one mile.
- Moving at an increased speed for 3,000 to 6,000 of your daily steps can improve heart health.
- Experts recommend 12,000 to 15,000 steps daily to achieve substantial weight loss.
- Using a pedometer can help establish how many steps you normally take in a day and help you set a target for increasing daily steps or distance.



Day of the Week	# Of Steps Taken
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
<b>TOTAL STEPS</b>	

### Measure Your Steps

During the first week of the **Shape Up Montana** program don't make any changes in your normal routine. Use the pedometer to track the steps you take each day. Important: remember to RESET your pedometer to 0 at the end of each day or in the morning before you clip it on.

### Set Your Goal

If you are below an average of 10,000 steps or if your goal is 12,000 to 15,000 steps for substantial weight loss, it is suggested you work on increasing your steps in small, achievable increments. Most people find it manageable to increase their steps by 20 percent daily.

### To Increase Your Steps By 20 Percent Daily

Divide the TOTAL steps you took last week by 7. Now multiple that number by 1.2. This is your new step target for **Shape Up Montana** this week. Track your steps with the pedometer and increase each week by 20 percent until your goal of 10,000 steps or 12,000 to 15,000 for weight loss is reached .

### Some Tips For Increasing Steps

- Park at the outer edges of parking lots instead of as close as possible to stores, health clubs, church, etc.
- Get up and walk during television commercials. (Every hour of television programming includes about 17 minutes of commercial time.)
- Pace while you have phone conversations. In a five-minute conversation you can add about 100 steps. (and we all think better on our feet!)
- Take stairs instead of elevators or escalators.
- Walk and talk with friends and family instead of sitting and talking.
- Use part of every break or lunch time to add a few steps to your day.



## Tracking Your Steps With A Pedometer Continued



### Distance Reporting

Everyone has a different step length or stride. So when tracking the distance a person moves each day for health or weight loss, it is best to count steps. The information below will help you measure your strides and convert the steps you take into miles. These miles are then given to your team captain monthly and added to your team's total miles for the Accumulated Activity category. Use the handy *Shape Up Montana* Personal Mile Log Sheet to record your miles daily and weekly.

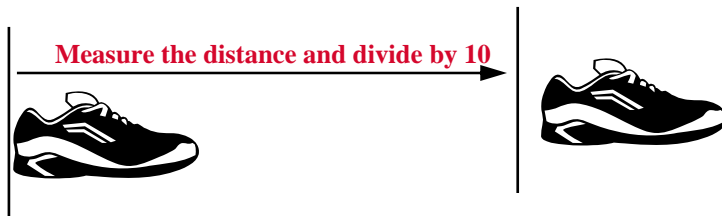
### WALKING RESOURCES ~ Web Sites

- [www.creativewalking.com](http://www.creativewalking.com)
  - Offers walking programs, resources & pedometers for sale
- [www.walking.about.com](http://www.walking.about.com)
  - Offers information about walking and addresses knee, foot and ankle problems associated with walking

### Measure Your Stride

**For an accurate stride measurement you should measure at least 10 steps. Do this by completing these 4 easy tasks:**

1. Using a piece of string, mark a starting spot on the floor.
2. Place the **heel** of one foot against the string and take 10 of your **regular strides**.
3. Use a second piece of string and place it behind the heel of the foot that took the 10th step.
4. Measure the distance between the two pieces of string in inches. Then divide the number of inches by 10. This is your step length!



**The chart at the right shows the number of steps it takes, based on step length, to walk one mile.**

Step Length in Inches	Number of Steps In One Mile
15	4,224
16	3,960
17	3,727
18	3,520
19	3,335
20	3,168
21	3,017
22	2,880
23	2,755
24	2,640
25	2,534
26	2,437
27	2,347
28	2,263
29	2,185
30	2,112
31	2,044
32	1,980
33	1,920
34	1,864
35	1,810
36	1,760

### Just For Thought

You can spend a fortune on equipment with the best intention to “use it every day”. Unfortunately, a lot of home exercise equipment turns into expensive clothing racks or dust collectors. If you're really serious about sticking with an activity for the rest of your life...you just might want to take up one of the oldest, yet reliable, forms of activity—**WALKING!**

