

Take **one** Step

To participate in the Take One Step program simply:

1. Complete at least 30 minutes of physical activity six days a week.
2. Record your physical activity daily on the walking log.
3. Earn a reward every 30 days of physical activity.
4. Continue recording your activity, so you can claim your Take One Step backpack full of exercise goodies at the final event in May.

Every 2,000 steps is equal to about 1 mile, so

2,000 steps = 1 mile

3,000 steps = 1 1/2 mile

4,000 steps = 2 miles

10,000 steps = 5 miles

Alternative activities to walking

- Washing a car
- Dancing
- Swimming
- Tennis
- Playing any sport: basketball, football, soccer
- Cleaning your room (Yes, cleaning your room!)
- Rollerblading