

MC WELLNESS PRESENTS:



What is Walktober?

October is an ideal time to walk. The temperatures are moderate and the fall colors are spectacular. Making the most of this great season, Walktober is a walking campaign designed to:

- Guide you through the benefits of walking
- Help you incorporate walking into your daily routine
- Dramatically boost the amount you walk
- Inspire you to make walking a priority — in October and beyond.

After determining the average daily amount you walk now, you'll set your Walktober goal, then track progress on your log form as you walk your way to a healthier you. (Contact Brenda Salas, MC Wellness Coordinator at Brenda.salas@montgomerycollege.edu for your log form and pedometer today!)

Why participate?

For many people, starting a physical activity program can be difficult. Work, family, and other responsibilities often crowd out time to do something good for you. And a lack of direction or motivation makes it even easier to let fitness slide. But Walktober helps you get back on track and stay there, by making fitness fun with activities, articles, and rewards.

Who can participate?

Everyone can start walking in TODAY and experience success — whether you're just starting out or are already an avid walker. Walktober lets you set your own pace by figuring your current average steps, then selecting a 31-day goal. Your Walktober goal will be obtainable, but challenging.

What are the benefits of Walktober?

Walking is the most popular fitness activity in the world and October is the perfect time to begin walking: temperatures are cooler and the colors are spectacular. Research confirms that consistent walkers experience:

- Better weight control
- Emotional/psychological benefits
- Decreased risk for chronic illness such as diabetes, heart disease and some cancers
- Enhanced mental alertness
- Improved sleep

How do I get started?

Simply email MC's Wellness Coordinator, Brenda Salas, at Brenda.salas@montgomerycollege.edu today to receive your log sheet and pedometer. Then, start walking!!

Setting your Walktober Goal

To set your Walktober goal, first gauge your current activity level. You can select your level based on the number of steps (using a step counter) you've been walking or the number of minutes you're currently active (walking or other exercise) each day.

LEVEL	CURRENT DAILY STEPS	CURRENT DAILY MINUTES OF ACTIVITY
TENDERFOOT	0-2000 STEPS	0-10 MINUTES
RAMBLER	2001-4000 STEPS	11-20 MINUTES
PACESETTER	4001-6000 STEPS	21-30 MINUTES
QUICKSTEPPER	6001-8000 STEPS	31-40 MINUTES
POWER WALKER	OVER 8000 STEPS	OVER 40 MINUTES

My starting activity level is (circle one):

- Tenderfoot
- Rambler
- Pacesetter
- Quick Stepper
- Power Walker

Setting Your Walktober Goal

Find the starting activity level you selected on the "How Active Are You" table above. Then aim to increase your walking/activity level by 1 or 2 levels.

To track steps, use a pedometer. Put your pedometer on first thing every morning and wear it all day long. To meet your goals you'll need to dedicate walking time as well as increase your steps in small increments. Record your daily steps on the log form you will receive from Brenda.

DURING WALKTOBER...

Every week, look for great fall recipes, fun fitness quizzes, walking challenges, info on local hikes and much more. Win prizes by completing your log sheets. Check MC Online and the Wellness Website at <http://www.montgomerycollege.edu/wellness/> for updates during Walktober!