



into Fitness with Walktober

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 Mercedes Santos, MC TP/SS Wellness Coordinator at Mercedes.santos@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 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 4-week 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. 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 TP/SS Wellness Coordinator, Mercedes Santos, at Mercedes.Santos@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 on the table below. You can select your level based on the number of steps (using a pedometer) you've been walking or the number of minutes you're currently active (walking or other exercise) each day, for **three consecutive days**.

LEVEL	CURRENT DAILY STEPS	CURRENT DAILY MINUTES OF ACTIVITY
Tenderfoot	0-2000	0-10
Rambler	2001-4000	11-20
Pacesetter	4001-6000	21-30
Quickstepper	6001-8000	31-40
Power Walker	OVER 8000	OVER 40

My starting activity level is (circle one):

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

- Once you determine your current activity level, aim to increase your walking/activity level by 1 or 2 levels over the course of the next 4 weeks.
- To track steps use a pedometer. Put your pedometer on first thing every morning and wear it all daylong.
- To meet your goals you'll need to dedicate walking time as well as increase your steps in small increments.
- Record your daily steps or your dedicated walking minutes on the log form you will receive from Mercedes.

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 WellnessWebsite at <http://www.montgomerycollege.edu/wellness/> for updates during Walktober!