The challenge is simple! Use a pedometer to track your steps and miles each day. Each night record your total steps or miles in the Move to Improve Resource Log Book that comes with your pedometer kit.

The Easiest Physical Activity Program Ever! Just take three seconds in the morning to put on your pedometer; and then another three seconds at night to log your day’s data. That's it! If One Million Steps sounds like a lot; don't worry! It's only 1.4 miles a day which most of us walk in the course of daily living.

Total Flexibility! In our Million Step Activity Challenge all physical activities count. Whether you're a walker, runner, golfer, gardener, dancer, hunter or shopper, don't worry. Your Creative Walker pedometer will measure and give you credit for all your steps. For those few activities not well-measured on a pedometer, such as swimming or biking, take 7,000 steps or 3.5 miles credit for every hour of those activities.

Earn Rewards – to get your reward email us after each milestone at cousinod@lcc.edu and we will send you a reward

- 250,000 steps – 125 miles – Earn an LCC lanyard
- 500,000 steps – 250 miles – Earn a pin to go on the lanyard
- 1,000,000 steps – 500 miles – You did it! Earn a tennis shoe key chain to go on your lanyard

Registration for the LCCWalks Million Step Challenge

Name _____________________________________

TUID _________________________________

Mail Code _________________________________

Sign me up for the Million Step Activity Challenge!

______________________________

Name

______________________________

Date

Send Completed form to Dawn Cousino – Mail Code 9000 or email cousinod@lcc.edu

(Optional) Join our Facebook page to share your progress and read how your colleagues are doing