Get Movin'!

HEALTHYSD.GOV
Live Better. Grow Stronger.

Take the 125 Miles for Health Challenge!

This year, **South Dakota is celebrating its 125th year of statehood!** We are challenging you to **walk** 125 miles between March and November.

When you decide to be more physically active, you lower your risk of premature death, heart disease, stroke, high blood pressure, certain cancers, depression, diabetes, and falls. *You can start with something as easy as walking!*

Why walking?

- Walking is one of the most popular, easiest forms of physical activity
- No special skill or expensive equipment is needed
- You can walk indoors or outdoors anytime
- Multiple purposes (transportation, exercise, recreation)
- Walking can be easily incorporated into a busy lifestyle
- Walking promotion is a practical public health strategy

A little goes a long way...

Adults need 150 minutes (just 2.5 hours) of moderate activity each week, or 75 minutes (just over 1 hour) of vigorous activitiy each week.

Kids need 60 minutes of moderate to vigorous activity each day, including muscle and bone strengthening activities at least 3 days a week.

Older Adults who cannot do 150 minutes of aerobic activity, should be as active as their conditions and abilities allow.

Moderate physical activity

I can talk while I do these activities, but not sing. Like gardening, walking briskly, water aerobics, softball, and baseball.

Vigorous physical activity

I can only speak a few words without stopping to catch my breath. Like race walking, running, cycling, soccer, jumping rope, and aerobic dancing.

www.healthysd.gov

How Walking Benefits Your Community

- Walking promotes healthy community design
- Reduces traffic congestion
- Improves health of community members
- Benefits the economy
- Helps prevent crime
- Stimulates social interactions

SOUTH DAKOTA 125 ANNIVERSARY

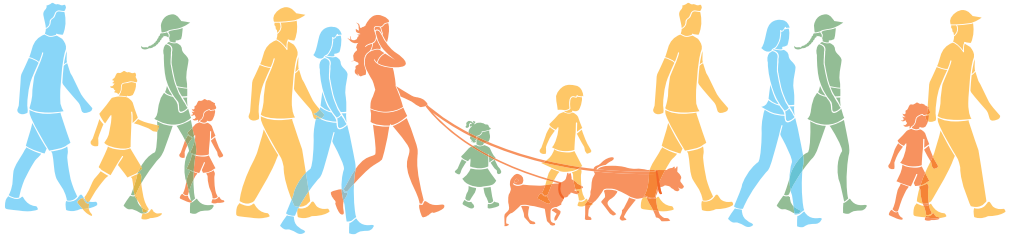
Community

March 2014 – November 2014

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week Total
March								
3/2 – 3/8								
3/9 – 3/15								
3/16 – 3/22								
3/23 – 3/29								
3/30 – 4/5								
April								
4/6 – 4/12								
4/13 – 4/19								
4/20 – 4/26								
4/27 – 5/3								
May								
5/4 – 5/10								
5/11 – 5/17								
5/18 – 5/24								
5/25 – 5/31								
June								
6/1 – 6/7								
6/8 – 6/14								
6/15 – 6/21								
6/22 – 6/28								
6/29 – 7/5								
July								
7/6 – 7/12								
7/13 – 7/19								
7/20 – 7/26								
7/27 – 8/2								
August								
8/3 – 8/9								
8/10 – 8/16								
8/17 – 8/23								
8/24 – 8/30								
8/31 – 9/6								
September								
9/7 – 9/13								
9/14 – 9/20								
9/21 – 9/27								
9/28 – 10/4								
October								
10/5 – 10/11								
10/12 – 10/18								
10/19 – 10/25								
10/26 – 11/1								

What counts as 1 mile?

Besides walking 1 mile, other activities can count towards your 125 mile goal. Any other form of locomotor activity counts; i.e. running, swimming, elliptical, biking, arm circles, etc. Remember – approximately 2,000 steps is equal to 1 mile.



On average, an individual will burn approximately 100 calories per 1 mile walked. However, gender, height, speed, fitness level, and weight all influence total caloric expenditure per mile.

Ways you can participate in your Community

- Conduct a Walk Audit – Take a walk in your community with this checklist and see if your neighborhood is a friendly place to walk. Look for possible ways to improve walkability. www.saferoutesinfo.org/sites/default/files/walkabilitychecklist.pdf
- Host a 5K run/walk in the community www.active.com/running/Articles/Choose-Your-Event-Location-Date.htm
- Organize a walking club www.healthysd.gov/Communities/CommWalkingToolkit.pdf www.mywalkingclub.org

How to register

- For all the details go to HealthySD.gov. Pre-registration is not required.
- Distribute the daily log (left) to individuals within your organization or community. Ask them to record total minutes or miles walked each week from March through October 2014.
- Report your success in November. Download the registration form from HealthySD.gov. Describe how you implemented the 125 Miles for Health Challenge to receive a certificate of participation.

Apps to help track activity

- MapMyWalk – www.mapmywalk.com
- Everybody walk! – www.everybodywalk.org/app.html
- Walking Paths, American Heart Association – www.startwalkingnow.org/WalkingPathApp.jsp