



PATHWAYS **Back On Path**

Walking Program for PEIA Pathways to Wellness

This 6 week program is designed to help participants become more physically active, put more exercise in their lives and have fun with co-workers by walking across our beautiful state! Participation can be individual or team based depending on your worksite's preference. Walking is a convenient and free activity that everyone can enjoy!



**Less than half of all
adults get enough
physical activity**

**You can incorporate
more walking into your
everyday life!**

**WV has BEAUTIFUL
places to walk!**

**For more information
contact your Health
Promotion Consultant**



**COLLEGE OF
HEALTH PROFESSIONS**

Participants Information

You will receive a program information packet which includes:

- pre and post survey
- walking log (this is for your own use and does not need to be turned in at the end of the challenge)
- goal sheet

*You must turn in your pre and post surveys to your worksite coordinator. Be sure to provide your PEIA Member ID number on each form.

Get the O.K.

If you decide walking might work for you, talk to your doctor first. All exercise programs should be individualized, and certain medical problems and medications should be taken into account.

Get the Gear

Comfortable shoes are a must! Make sure the shoes you walk in are the proper fit, shock absorbing, and have non-skid soles. Athletic shoes normally need to be replaced every 6 months. If your budget doesn't allow new shoes, try replacing your insoles.

Stretch it Out!

Stretch gently after you warm up your muscles, and again after you cool down. Do not bounce or hold your breath when you stretch. Perform slow movements and stretch only as far as you feel comfortable. (NIH, 2004)

Buddy Up

Recruit a friend or vary your route to make your exercise more fun. Exercising with a friend can keep you dedicated and provides you support.

Every Step Counts!

Provide yourself with more opportunities to walk, such as parking farther from your destination, using the stairs and walking to work. Verify your distance by driving the route with your car or using a distance tracking app for your smartphone or iPod. If a pedometer was not supplied, don't let that stop you! If you have a smartphone or iPod you can download a free app that will count the steps for you!

Steps	Miles	Steps	Miles	Steps	Miles	Steps	Miles
500	.25	3000	1.5	5500	2.75	8000	4
1000	.5	3500	1.75	6000	3	8500	4.25
1500	.75	4000	2	6500	3.25	9000	4.5
2000	1	4500	2.25	7000	3.5	9500	4.75
2500	1.25	5000	2.5	7500	3.75	10000	5

*If you walk 15 minutes a day, that is the equivalent of one mile. Other forms of physical activity can count towards mileage (20 minutes of aerobic exercise = 1 mile).

Activity Log

15 minutes of continuous walking = 1.0 mile

If you are recording other forms of cardiovascular exercise (20 minutes of aerobic exercise = 1.0 mile)

1 mi=15 min	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								