

Step It Up



Knights Turn the World Upside Down

Step It Up: Knights Turn the World Upside Down

This is your “Step It Up” guide. It is full of helpful information on pedometer use, setting up walking music, walking tips, and safe walking. Thank you for joining us on a “virtual” walk across seven different study abroad countries below the equator.

The goals of this program are:

- Promote good health
- Increase daily activity level
- Build teamwork
- Inspire you physically, mentally, and spiritually and to ensure that we produce a program that nurtures the mind, body, and soul.
- Learn more about the Study Abroad program
- Have fun

Our goal is similar to that of the national program America on the Move which encourages individuals to walk 10,000 steps most days. You can use this as your goal or our program allows you to set your own daily step goal. (A reasonable goal for a more sedentary person is to increase your average daily steps each week by 500 per day until if you are at a comfortable activity. **Example:** If you currently average 3000 steps per day, your goal for week one is 3500 steps. Your week 2 goal is 4000 each day and so on.

The total distance of the trip is approximately 1,200 miles.

Total Steps: 2,400,000 steps

Average steps per week: 343,000

Average steps per day: 49,000

Sport/Activity	Time or Distance	Steps–Male	Steps–Female
*Basketball	30 minutes	4,350	6,360
*Bicycling	30 minutes	5,430	5,670
*Elliptical Trainer	30 minutes	6,540	7,080
Wheelchair	1 mile	775	775

Average steps per day per team member: 9,800

By the end of 7 weeks each person will have walked approximately 240 miles.

Pedometer conversion: 2000 steps = 1 mile

Other Important Information Conversion Chart

*conversions used from YMCA America on the Move

- Be active and contribute whatever steps you can to your team. If you have any health concerns please check with your health care provider before beginning any exercise program.
- Log in total steps for each week by Wednesday to be eligible for the weekly drawings. This can be done by logging on to mySNC and click on the “Submit Walking Steps” link.
- Check our Facebook page (SNChealthandwellness), twitter (@SNChealth), e-mails, and Student Health 101 often. It is your connection to keep you up to date on program updates and announcements.

We would like to thank and acknowledge the contributions of Joyce Tullbane, Rosemary Sands, and Jeremy Doughty from the Study Abroad offices for their help with the information on the different study abroad countries

To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.

William Londen

Embrace St. Norbert's core values of change yourself, change your community, and change your world.

Contact Information

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Welcome to the Wonderful World of Walking...

We're glad you chose to join the Step It Up: Knights Turn the World Upside Down. Walking is quickly becoming the exercise of choice for millions. It is a lifetime activity that can be enjoyed by all ages. The positive benefits are undeniable. Not only is it one of the safest and most effective ways to meet your health and fitness goals, but it is fun, easy and rewarding, both mentally and physically.

A consistent walking program can help you:

- Lose Weight and Maintain Ideal Weight
- Lower the Risk of Chronic Illness
- Improve Sleep Patterns
- Enhance Mental Functions
- Increase Bone Density (preventing osteoporosis)
- Stabilize Blood Sugar Levels (important for diabetics)
- Improve Emotional Health
- Increase Energy Levels
- Improve Joint Function
- Boost Immunity

Pedometer Instructions

⇒The pedometer is a device used to estimate steps based upon the counting of foot strikes and hip swings. It serves as a reminder to be active and gives you feedback on your activity level. 2,000 steps equals approximately one mile.

⇒Get in the habit of clipping the pedometer to your belt or waistband each morning after you dress. Make sure it is aligned over your knee or on one side near your hip.

⇒Remember to reset the counter to zero each day.

⇒Use your Passport Booklet to write down your steps each night.

⇒If you have any chronic health conditions or joint problems check with your physician before starting any exercise program.

Walking Tips

- ⇒Wear comfortable shoes. Select shoes designed for walking. Running shoes would be a second choice. The shoe should bend but remain firm through the ball of the foot. The shoe should also have a low heel. Avoid high top shoes unless they are designed for hiking or walking.
- ⇒Take 3-5 minutes to warm up and stretch muscles.
- ⇒When walking, stand tall and maintain good posture. Keep your shoulders back and tuck in your abdominal muscles. It will feel like you are leading with your chest.
- ⇒Hold your head high and look forward.
- ⇒Walk with your arms bent at no more than a 90 degree angle and do not cross them in front of your body.
- ⇒If you are trying to increase the intensity of your walk take quicker steps. Do not push to take longer strides. Try not to swivel your hips.
- ⇒Use the toes of the back foot to push off. Your foot should land heel first and roll forward onto ball and toe.
- ⇒If you are more sedentary, start off slow and gradually build up the number of steps per day (setting a goal of approximately 10,000 steps most days).

Walking Shoe Tips



Everyone's feet are different. Your feet may be different sizes. Each person has a unique walking style. It is important to have comfortable shoes that are properly fit. If shoes do not fit properly it can lead to foot, knee, hip and back problems.

- ✓ **Wear the same socks you would normally wear when you try on shoes.**
- ✓ **If you have a difficult time finding comfortable walking shoes purchase them at a store where professional fitters can assist you.**
- ✓ **Measure both feet when standing. If one foot is larger than the other, you may need to purchase the larger size.**
- ✓ **Try on both shoes. Move your toes-there should be about ½ inch between the end of the shoe and the longest toe.**
- ✓ **If you can see the outline of your toes on the top or sides of the shoe you probably need a larger size.**
- ✓ **Side to side fit should be snug-not tight. If you are a woman and have a wider foot try a men's or boys' shoe as they are cut a little wider through the heel and ball of the foot.**
- ✓ **Walk in the shoes before buying. If they are a good fit they should feel comfortable right away.**
- ✓ **Make sure you take your time finding a pair that fit properly. Don't shop when you are in a hurry.**
- ✓ **Bring in or wear your old shoes as they can give helpful clues as to the shape of your foot and the wear tendencies.**
- ✓ **Keep track of the number of miles you put on your shoes. They should be replaced every 300-600 miles. To extend the life of a pair of shoes wear them only when you go for a walk or rotate between 2 pairs of shoes.**
- ✓ **Look for a lightweight breathable type shoe.**

- ✓ **Your heel should not slip and it should not pinch or bind especially across the ball of the foot.**
- ✓ **Shop at the end of the day when your feet may be a little swollen.**
- ✓ **Walkers roll their feet from heel to toe so look for a flexible sole across the ball of the foot**
- ✓ **The heel of the shoe should be low, supportive, and rounded inward. A heel that flares out has a tendency to slap the ground rather than roll, which can slow momentum and increase shin soreness**
- ✓ **Wear new shoes around the house for a few days before you use them outdoors to ensure they are comfortable.**

Warm-up and Cool-down

Taking five to ten minutes to “warm up” before and “cooling down” after your walk reduces the likelihood of injury. It is important to maintain good posture throughout your walk.

“Warming up” gradually increases blood flow, warms muscles, lubricates joints and reduces soreness and tightness of muscles post exercise. Start out at a slow pace with arms at your sides and abdominal muscles slightly tightened for 2-4 minutes. Gradually increase your pace and add arm movement over the next 3-10 minutes.

“Cooling down” gradually decreases heart rate and relaxes muscles. Begin by slowing your pace for 2-4 minutes. Then drop your arms to your sides and continue to slow your pace for another 5–10 minutes. Make “warming up” and “cooling down” part of your walking routine.

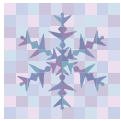
Safety on the Street

Keep safety in mind when out walking. As a walker, you are vulnerable to the dangers of automobiles and crimes. It is important to be a defensive walker, be alert and aware of your environment.

The following are some tips to help keep your walks safe:

1. Walk facing traffic, so you can see vehicles coming in your direction. Use sidewalks when available. Walk in well lit areas.
2. Walking at night or in the early morning is more dangerous. Wear light colored or reflective clothing that can be seen from all angles. You can also use flashing strobe lights that clip to clothing to be more visible.

3. Leave your walkman at home-if you do choose to use one leave one ear piece off and keep the volume low so you can hear traffic, people, and dog noises around you.
4. It is always safer to walk with someone or with a dog.
5. If you walk alone, use good judgment. Choose areas with high pedestrian traffic. Avoid isolated areas or paths lined with trees or bushes. Carry a whistle, pepper or mace spray or a body alarm.
6. Vary your route and the time of day that you walk and have someone aware of the route you are taking and the time you expect to return.
7. Carry an ID in case of a medical emergency or accident.
8. Leave your valuables at home-do not wear jewelry other than a watch.



Winter, Spring, Summer or Fall



STOP! Just because the weather is cold doesn't mean it's time to hibernate. You can walk indoors at the mall or at the gym or at home on a treadmill. Consider dressing for the cold weather and taking a walk in the crisp winter air.

If you dress in layers you can avoid the mistake of over dressing for the weather. Wearing too much clothing can cause the body to overheat, which produces sweat. Sweaty, wet skin can be a concern in the cold air. Dampness can increase the rate of heat loss, and if the moisture on your body turns cold, you're at risk for hypothermia. Feeling sluggish and shivering are warning signs for hypothermia.

So, when you dress in layers, you'll be less likely to overheat because you can just open zippers or shed clothes as you warm up. Wear waterproof hiking boots in the winter and layers of socks. You may need to slow your pace due to weather conditions. Wear gloves and a hat to protect your hands and head. Keep walking outdoors as an option even when the weather gets cold.



Music: Walking in Rhythm



Music really helps energize walkers. Selecting tunes that are at the right speed help you keep your pace. You may choose some of your favorite tunes, but why not let music work for you by selecting songs with rhythm, count beats per minute and correspond them to your footsteps. Just remember, for safety reasons to keep the volume low and have one ear free to listen when walking outdoors.

COUNT THE BEATS FOR 10 SECONDS, THEN MULTIPLY BY 6

For Warm-ups 114-120 BPM

For Workouts 126-132 BPM

For Cool-downs 114-120 BPM

Personalize your own walking music!