

START

Where You Are

Back by popular demand, “Start Where You Are” a fitness initiative to help you get on the trail!

Step 1: Dig out your pedometer, walking or jogging shoes, swimming or biking suit. If needed, walk to HC-004 for a free pedometer, supplies are limited.

Step 2: Join your co-workers and strive for 10,000 steps a day or jog, swim, go to a fitness class – just move . The six week initiative is **SEPTEMBER 25 through NOVEMBER 6 .**

Step 3: Track your steps or other fitness activity on your Fitness Journal Page by going to [Returning Fitness Journal Participant Login](#) or [New Fitness Journal Participant Login](#) or call 285-9355 for a paper log.



2000 STEPS = 1 MILE

Tips for Starting:

If you are beginning a walking program, start slowly and gradually increase the speed and length of time you walk.

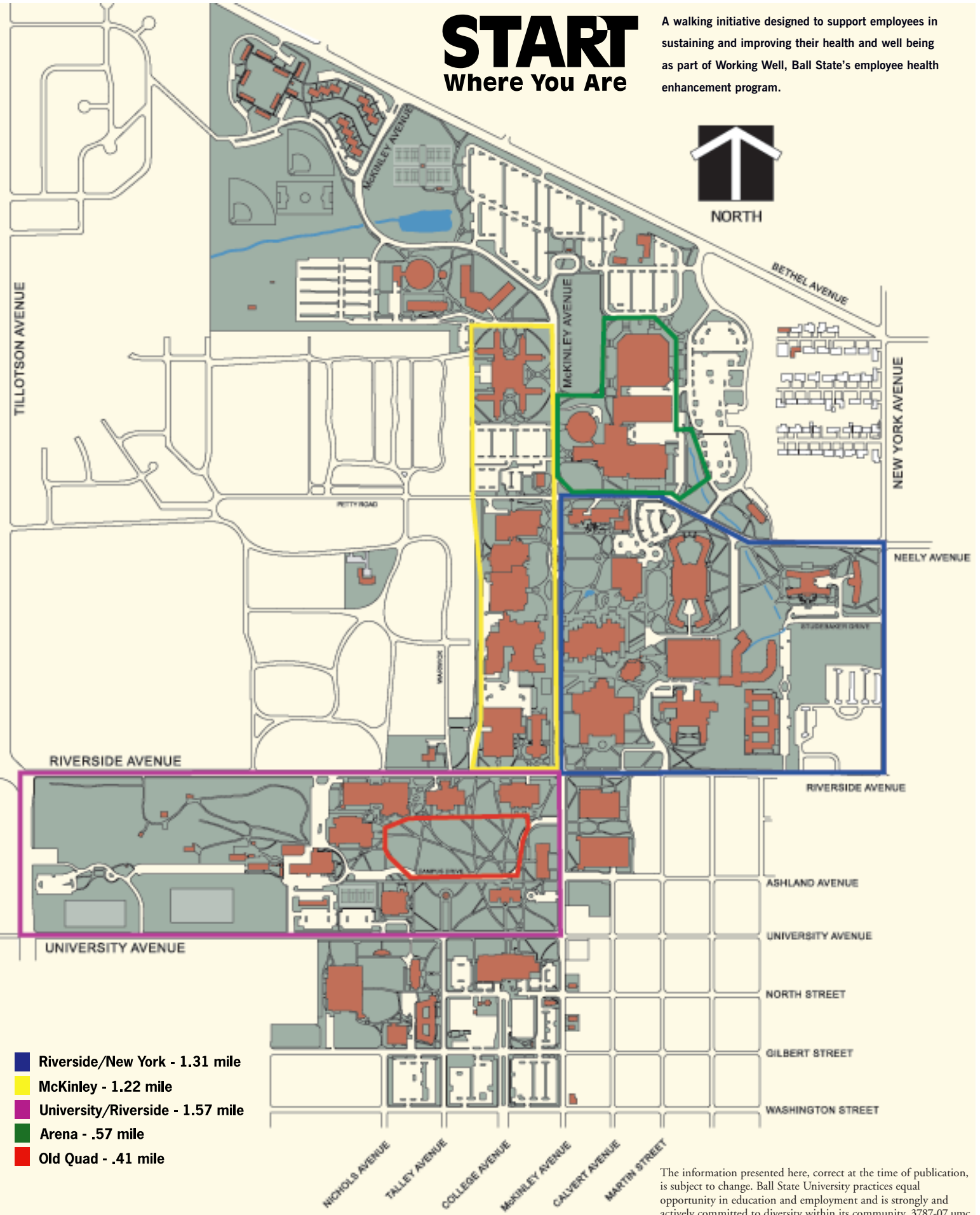
- Before you start, consider whether you enjoy walking in a group or the tranquility of a walk alone.
- Check with your doctor before changing your activity level if you are over 40; if you have a personal or family history of high blood pressure or cardiovascular problems; if you're a smoker; or if you haven't had a checkup lately
- Shoes are the only equipment you'll need, so you may want to invest in a good pair of walking shoes. Forgot your walking shoes? A good workout is not the only reason to walk! A stroll through Christy Woods or the Quad for relaxation or a chat with a friend is a great way to take a break and relax.
- A number of professors are trying “walking meetings” with their students. This can provide a relaxed environment and activity for those 1:1 meetings .
- Mapping your route can be a fun way to set goals and track progress, click <http://www.bsu.edu/workingwell/media/pdf/iwebwalkingmap.pdf> for the McKinley Mile and other Ball State routes.

Watch this 5-minute video for easy to follow fitness guidelines:

http://video.cdc.gov/asxgen/nccdphp/dnpa/pa_guidelines_intro.wmv

START Where You Are

A walking initiative designed to support employees in sustaining and improving their health and well being as part of Working Well, Ball State's employee health enhancement program.



- Riverside/New York - 1.31 mile
- McKinley - 1.22 mile
- University/Riverside - 1.57 mile
- Arena - .57 mile
- Old Quad - .41 mile

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