



WOW!



Let's Step It Up!

Welcome to the W.O.W. Let's Step it Up Program!

Each participant should receive a packet of papers with a Body Mass Index Table, Weeks 1-5 Walking Log Sheets, some additional information sheets, and a pedometer.

Week #1 is a Baseline Week, do your normal activities while wearing your pedometer so you can see how many steps you were currently getting before the start of the WOW program. The competition will start with Week #2 and will end with Week #5. (4 weeks of competition)

At the kickoff event, we will be collecting data and calculating your Body Mass Index & Body Fat % to be used as measurement tools for the program reports and for future challenges.

You will need to turn your Week 2 walking total in to your team captain by April 21; and you will do this each week for the next 3 weeks (April 28, May 5, and May 13). We will not be doing any conversion steps. We only want you to write down the total each day from your pedometer. Remember to hold the reset button down until it goes back to 0 after writing down your total on your log sheet.

The Goal of the Program is to get you to get up and move and increase your activity.

The Winning Team will win a Private Swim Party at Leo French Park, and the top three individuals who have the most average daily steps will win gift certificates to various businesses: 1st Place \$125 | 2nd Place \$75 | 3rd Place \$50.

Pedometers

You should put your pedometer on each morning and reset the steps to 0 after writing down your total on the walking log sheet.

If you lose or break your pedometer, please call us for a replacement, (while supplies last).

The Let's Step It Up program was made possible through a small grant from South East Illinois -AHEC.

LET'S STEP IT UP AND START WALKING W.O.W. FRIENDS!

The benefits of walking will turn your life around!

Walking increases your:

- ❖ **Energy** – by controlling your blood sugar level which effects your moods and energy levels.
- ❖ **Metabolism/Metabolic Rate** – so you are burning calories faster, even when you are resting.
- ❖ **Bone density**
- ❖ **Blood Circulation** – which keeps the joints well lubricated so they move more easily.
- ❖ **Muscle tone** – (great for weight loss, the more muscle you have the more calories your body will burn!)
- ❖ **The level of HDL the (“good” cholesterol** – which protects heart and blood vessels from fatty deposits).
- ❖ **Feeling of well being** – due to the chemical reaction in the body that is generated from physical activity.
- ❖ **Memory** – Some research has proven that walking 45 minutes, three times a week on a regular basis increases your memory.
- ❖ **Immune System** – which offers you better resistance to colds and flu.
- ❖ **Self Esteem** – Walking has a huge impact on how you feel about yourself.
- ❖ **Chances of Giving up smoking** – How? Every time you want a cigarette take a five minute walk! The urge soon passes!

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