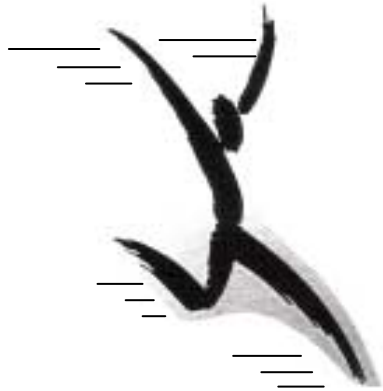


Help Walk the USA

A Simulated Walk around our Nation

Declare your Independence from Inactivity this July 4th



Get Fit!

Stay Fit!

Don't Quit!

Conversion Chart

Minutes to equal one walking mile

ACTIVITY	Easy	Moderate	Vigorous
Aerobic Exercise to music	30	20	15
Backpacking	15	12	10
Basketball	20	12	10
Bicycling	18	14	10
Calisthenics, continuous, moderate	30	20	15
Canoeing, rowing	20	15	12
Cycling, stationary (4,6,8 METS)	16	13	11
Football, touch	20	15	12
Gardening, active	60	40	30
Hiking, cross country & hills	20	15	12
Golfing, carrying bag or pulling cart	30	25	20
Jogging/Running 12-10-8 minute/mile pace	12	10	8
Mountain climbing	15	12	10
Racquetball, handball, squash	20	15	10
Rope skipping	11	10	8
Scuba diving	20	15	10
Skating	20	15	12
Skiing, cross country	17	12	8
Skiing, down hill	20	15	12
Soccer	15	12	10
Stair or bench stepping	15	13	11
Stationary bicycle	16	13	11
Swimming	24	16	12
Table tennis	60	30	20
Tennis	20	15	11
Volleyball	20	15	12
Walking, 24,20,15 min/mile pace	24	20	15
Water skiing	20	15	12
Weight training	30	20	15

Start to get fit =
6-7 walking miles per week

Build strength and endurance =
10-15 miles per week

To get in top shape =
20 or more miles per week

Record of activity for: _____
(Name) (Phone)

My group leader is: _____
(Name) (Phone)

Record your daily activity using the chart below. **Convert** your various activities into walking miles using the chart on the following page. **Report** your miles weekly to your group leader *every week* for an accurate record on the master list.

Date	Type of Activity	Time	Walking Miles
	Weekly Total		
	Weekly Total		

Comments and strategies to increase mileage:

