**Step Up, NSBHS!**

Activity provided by Eleeta Sue Hopkins

Some Stepping facts…

* On average we walk 3,000 to 4,000 steps each day. That is around 1.5 to 2 miles per day.
* 10,000 steps is a healthy and daily step goal for most people
* 10,000 steps is approximately 5 miles.
* Walking 10,000 steps burns approximately 230 calories
* Biking 10,000 steps burns approximately 370 calories
* Walking and/or increasing your steps increases your cardiovascular health, strengthens your bones, reduces body fat, boosts muscle power, and inspires us to do other healthy activities; a gateway 😊

**Step Up, NSBHS!**

**The Challenge, if you so choose to accept…**

1. Use the attachment to create your personal step goal. This chart is for you and is not expected to be collected or shared.
2. Create a personal and daily step goal each week. Add this goal to your chart.
3. Use your own personal tracking device to track your steps each day. Add your daily steps to your chart.
4. Each week, circle YES or NO if you met or did not meet your goal and then add a weekly reflection.
5. Send me an email to me to add you to the **Step Up, NSBHS!** Microsoft Teams group.
6. Celebrate and collaborate often on the **Step Up, NSBHS!** Microsoft Teams group.
7. **Step Up, NSBHS!** will begin May 1st and End July 31st. This gives us 92 days to increase or maintain a personal step goal *AND* improve and/or maintain our health and begin 2020-2021 SY off to a healthy start!

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Week Of…** | **My Daily Step Goal** | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Met My Goal**  **Circle One** | **My Reflections** |
| **April 26th** |  |  |  |  |  |  | **May 1st** |  | Yes No |  |
| **May 3rd** |  |  |  |  |  |  |  |  | Yes No |  |
| **May 10th** |  |  |  |  |  |  |  |  | Yes No |  |
| **May 17th** |  |  |  |  |  |  |  |  | Yes No |  |
| **May 24th** |  |  |  |  |  |  |  |  | Yes No |  |
| **May 31st** |  |  |  |  |  |  |  |  | Yes No |  |
| **June 7th** |  |  |  |  |  |  |  |  | Yes No |  |
| **June 14th** |  |  |  |  |  |  |  |  | Yes No |  |
| **June 21st** |  |  |  |  |  |  |  |  | Yes No |  |
| **June 28th** |  |  |  |  |  |  |  |  | Yes No |  |
| **July 5th** |  |  |  |  |  |  |  |  | Yes No |  |
| **July 12th** |  |  |  |  |  |  |  |  | Yes No |  |
| **July 19th** |  |  |  |  |  |  |  |  | Yes No |  |
| **July 26th** |  |  |  |  |  |  | **July 31st** |  | Yes No |  |