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As Thanksgiving approaches, can you get a head start to make walking a daily routine?

**Chase the Turkey Challenge**

**START DATE**: September 1st, 2014

**END DATE**: October 3rd, 2014

EWSNetwork is challenging you to walk 5000 steps or 30 minutes per day! For every **1000** steps you take, cross off one turkey on a ballot card. The person who enters the most ballot cards by the end of 5 weeks will get a prize!





The Facts on Walking

* “Walking ranks among the most prevalent and beneficial forms of exercise” (VanWormer, 2004).
* One systematic review showed that people who wore a pedometer **increased their physical activity by 26.9%** over baseline. Participants took **over** **2,000 more steps** (1 mile) per day than those who did not wear a pedometer (Bravata et al., 2007).
* Only 17% of men and 14% of women are achieving 150 min moderate-vigorous physical activity and a third of Canadian adults accumulate 10,000 steps per day (Colley et al., 2011).

**Canada’s Guideline**: 150 minutes moderate-vigorous physical activity per week (CSEP, 2014).

**How:** 30 minutes each day *five times a week.*

**YOUR GOAL**: **1000 steps in 10 minutes** to meet the *moderate-vigorous* intensity (Marshall, S.J., et al., 2009). Accumulate a total of 5000 steps per day!

Sources:

Bravata DM, Smith-Spangler C, Sundaram V, Gienger AL, Lin N, Lewis R, Stave CD, Olkin I, and Sirard JR . Using pedometers to increase physical activity and improve health: A systematic review. Journal of the American Medical Association 2007; 298(19): 2296-2304.

Colley RC, Garriquet D, Janssen I, Craig CL, Clarke J, and Tremblay MS. Physical activity of Canadian adults: Accelerometer results from the 2007 to 2009 Canadian Health Measures Survey. Health Reports 2011; 22(1): 7-14.

VanWormer J. Pedometers and brief e-counseling: Increasing physical activity for overweight adults. Journal of Applied Behavior Analysis 2004; 37, 421-425.