

SUCCESS STORIES

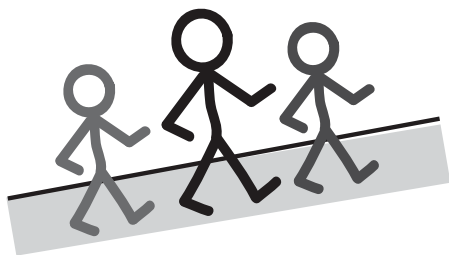
Step To It Northside Group

“I am so proud of myself ... I have lost 29 pounds since I started walking. Walking has improved my physical and mental health. I feel so much better!”



Step To It Southside Group

“I knew I needed to do something to control my diabetes. The Step To It Southside walking group has given me the motivation to get out there and do something positive for myself. My blood sugar is under control, and I have even lost a few pounds.”



STEP CONVERSION CHART

ACTIVITY-Approximate step equivalents for 15 minutes of various types of activities.

	Steps
Aerobic dance.....	2,955
Baseball.....	2,273
Basketball.....	2,840
Bicycling.....	3,636
Football.....	3,636
Frisbee.....	1,364
Gardening, general.....	1,818
Golf.....	2,045
Gymnastics.....	1,818
Health club exercise, general.....	2,500
Hiking.....	2,727
House or garage cleaning.....	1,364
Jazzercise.....	2,727
Jogging.....	3,182
Jump rope.....	4,545
Lawn mowing, power mower.....	2,273
Lawn mowing, push mower.....	3,636
Martial arts.....	4,545
Miniature golf.....	1,364
Racquetball.....	3,182
Rollerskating or rollerblading.....	1,727
Skateboarding.....	2,273
Soccer.....	3,182
Softball.....	2,273
Step aerobics.....	4,091
Swimming leisurely.....	2,727
Tai Chi.....	1,818
Tennis.....	3,182
Volleyball.....	1,818
Walking, slow.....	1,023
Walking, moderate.....	1,833
Walking, fast.....	2,955
Water aerobics.....	1,818
Weight lifting, moderate effort.....	1,818
Wrestling.....	2,727
Yoga/pilates.....	1,136

Adapted from Steps to a Healthier St. Paul, 2005

A FUN AND FITNESS PROGRAM..



...THAT CAN IMPROVE YOUR HEALTH!

WHAT IS THE STEP TO IT CHALLENGE?

The Step To It Challenge is a walking program that persuades and motivates people of all ages to take that most important step: getting started. This



four-week physical activity program encourages family members, coworkers, schoolmates, neighbors,

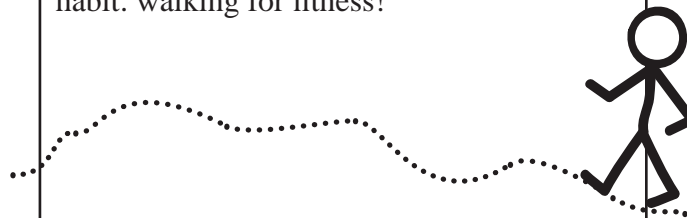
and friends to come together as a team to participate in a friendly community challenge.

The challenge is based on a program developed by Kansas State University. It has proven to be successful in weight management while promoting healthy lifestyles. The program works effectively because anyone can do it.

It's flexible. It can be done anytime or anywhere. You can walk or do other physical activities either as a group or individually.

FRIENDLY COMPETITION

The friendly competition among teams makes the Step To It Challenge fun, motivational, and inspirational. Participating teams who accumulate the most steps over the four weeks will win, although everyone who participates will take home a healthy habit: walking for fitness!



WHAT OTHER FORMS OF EXERCISE COUNT?

The focus is on walking. However, team members also can do other physical activities to accumulate steps.

Step To It will accept running, cycling, team sports, and other physical activities.



HAVE YOU HEARD THE GOOD NEWS?

A regular walking program can:

- Reduce blood cholesterol.
- Lower blood pressure.
- Boost bone strength.
- Help manage weight.

And that's not all. Regular walking can also:

- Give you more energy.
- Improve your self image.
- Help you relax.

HOW DO I GET STARTED?

If you live or work in any of these cities:

- Brooklyn Center
- Brooklyn Park
- Golden Valley
- Hopkins
- Maple Grove
- Minnetonka
- New Hope
- Osseo
- Plymouth
- Robbinsdale
- St. Louis Park

... then all you need to do is go to www.StepToIt.org and click on the "Get Started" link. Registration is easy, and the challenge is fun!