

Walking Across America

A large wall map should be placed in a centrally located area so that all employees can see progress. The map should be laminated or on foam board for durability.

We suggest that you use either small “arrow” paper markers (these work well for all types of maps) or pushpins (will need foam board map)to mark the top walkers.

Maps can be found online –you will need a map that shows highways in order to track the path.

Some places to look for wall maps:

http://www.allposters.com/-sp/National-Geographic-United-States-Classic-Map-Enlarged-Laminated-Poster-Posters_i9270660_.htm?AID=96280778&ProductTarget=187931204231&utm_medium=cpc&utm_source=google&utm_campaign=PLA&stp=true

<https://www.maps.com/catalogsearch/result/?q=USA+wall+map>

<https://shop.nationalgeographic.com/product/maps/wall-maps/u.s.-maps/united-states-classic-wall-map--poster-size?code=SR50004>



Walk Across America Guidelines

1. Each participant will receive a walking log weekly.
2. 2,000 steps equals one mile OR 20 minutes of *intentional physical activity* equals one mile. The 20 minutes of intentional activity can be broken into 10 minute sessions. Must be at least 10 minutes increments in order to count.
3. Walking Logs will be tabulated weekly and progress recorded –suggest using excel spreadsheet for up to date totals as data is entered.
4. Note progress on the map weekly or monthly.
5. May want to offer prizes along way
 - First person with 100 miles
 - First person with 500 miles
 - First person to Virginia Beach
 - First person with 1000 miles
 - ETC.
6. Suggest having a GRAND PRIZE for first person to get to the Golden Gate Bridge.
7. Take “milestone” pictures along the way –may want to have participants hold signs of where they are virtually on the map & put pictures in monthly newsletter.

One – two weeks before challenge begins:

- Promote at organization – emails/posters
- Share rules –email or post in visible area
- Have Wellness Committee promote as well
- Advertise incentives if using

WALK ACROSS AMERICA

Join us for a journey across the United States! We will begin our journey in Kentucky and head over to the East Coast in Virginia Beach, then we will make our way across the beautiful USA as we head toward the West Coast – the Golden Gate Bridge!

So –how are we going to do this? Simply count steps or minutes of intentional physical activity!

If you have a step counter either on your phone or on a fitness device – count your steps.

If you don't have a step counter, simply count minutes of intentional physical activity.

2,000 steps = 1 mile

20 minutes of intentional physical activity = 1 mile.

(The intentional physical activity must be done in 10 minute increments in order to count.)

Each day you will log your steps or minutes. At the end of each week, tally your steps/minutes, turn in & get a new log.

It may take us a while, but we will have fun along the way.
So lace up and head out !!!

