

IT'S YOUR MOVE



STEPS TO DEFEAT DIABETES

CommonHealth STEP CHALLENGE

MOVE MORE TO REDUCE TYPE 2 DIABETES RISK! SEPTEMBER 10-OCTOBER 21, 2012

Moving more can help you control your blood sugar.
Make your move by taking steps to defeat Type 2 Diabetes!

Here's how:

Register at <http://www1.dhrm.virginia.gov/chwc> (click on register button and complete the form that pops up). You only need to register one time (for this and all future challenges) login each week after that. Enter an email address (can be a work or home email address – if you do not have a personal email you can establish one free at www.yahoo.com or www.hotmail.com . Each person registering for the challenge must have a unique email address – two employees cannot share the same email address. If you do not have an email address, click on “Print Current Challenge” and maintain a paper copy. Fax or email (as on page 2) totals on Mondays to be considered for a weekly drawing.

1. Use a step counter to count daily steps. *If you do not have a step counter, record 1000 steps for every 10 minutes of activity. Use the **STEP TRACKER** provided on reverse to track your steps throughout the week.*
2. Each Monday, log in to record your step total for the previous week. Start on 9/17 and do this for each of the 6 weeks of the challenge. (You may want to type the numbers rather than using the arrows.)
4. Participants who enter steps on the challenge website each week will be eligible for random prize drawings for that week.
5. Try to walk a minimum of 3 days each week. Challenge yourself to work toward completing 10,000 steps a day for 5 days/week (or 50,000 steps/week). If you are averaging less than 10,000 steps/day try to increase total steps taken by 10% each week (*for example if you average 5,000 steps/day in week 1—your goal is to average 5,500 steps/day in week 2.*)

Step counters are provided to participants in CommonHealth's Its Your Move program—contact your Agency Coordinator for more information.

** If you are unable to access the internet, use the **STEP TRACKER** provided on reverse and report weekly totals to walkingwellness@dhrm.virginia.gov.*

Walking Tips:

- ◆ Walk tall with a forward gaze.
- ◆ Choose shoes with proper support and cushioning for your feet.
- ◆ Start slowly to warm up your muscles and gradually increase your intensity.
- ◆ Gentle stretching after your walk will help prevent muscle soreness and improve flexibility.
- ◆ If you need a little extra motivation, find a walking partner or group.
- ◆ Vary your routes, to keep it interesting and enjoy the scenery.

It's Your Move STEP TRACKER

WEEK	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
<i>SAMPLE Week</i>	5612	6200	7500	4000	8000	10500	10000	51812
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								

If you do not have internet access, use this tracker to record steps and report your total each Monday to walkingwellness@dhrm.virginia.gov or fax to 804-371-7401.

NAME: _____

AGENCY NAME & LOCATION: _____

EMAIL: _____