

# JBSA

# TWELVE - WEEK WALKING CHALLENGE



Visit [https://home.army.mil/sites/operational/Surgeon/Pages/Walking\\_Challenge.aspx](https://home.army.mil/sites/operational/Surgeon/Pages/Walking_Challenge.aspx) for more info!

*\*Must have a CAC Card to log on.*

Brought to you as a collaboration between IMCOM, MEDCOM & JBSA-FSH Health Promotion.

## Walking Program FAQ's

### What is the Walking Program?

As part of the Performance Triad (Sleep, Nutrition and Activity) we have developed a program to help get people to become aware of their activity levels and to set goals to improve how active they are every day.

Studies show that when a group of people get together to engage in a common activity, they are more likely to enjoy it and stick with it. So, grab your family, friends and co-workers and start your own groups and/or competition!

### How long will it last?

The challenges run for least 12-weeks. However, it is our hope, that after 12-weeks, it becomes a regular part of your daily routine! You may continue participation at each new challenge and we encourage you to "recruit" others to participate with you.

### Where and when to walk?

Every step counts, so anywhere, any time you are able to get up and move, get up and get it done! Put your pedometer on first thing in the AM and count every step you take. Log your step count at bedtime and, if applicable, reset your pedometer to be ready for the next day.

### How many steps should I shoot for in a day?

Everyone is at different fitness levels, but a general goal to work towards is 10,000 steps per day.

### How long is the program?

The competition portion (between units, commands, etc.) is 12-weeks and will begin every quarter.

### Why do I have to fill out these other forms and get medical consent?

Any form of exercise has risks and you should be fully aware of those risks. As with anything, informed consent, gives you necessary information to make the decision to participate or not. While we believe that exercise is a key component to health, it's always important to speak with your physician prior to beginning any new activity.

### What about people who are in wheelchairs? Can they participate?

Yes. While not provided, wheelchair odometers can be used and there are formulas available to translate the reading into a "step count."

### Children/strollers?

While it is highly recommended that walking becomes a family lifestyle activity, we ask that you keep your children close by and monitor their activities continually for their safety and that of others who may be walking or running in the same area.

### What do I need to bring when I walk?

Think SAFETY! Texas is HOT! Please bring water to stay hydrated, wear good walking shoes (if walking outside, military may choose to walk in their combat boots/uniform), dress for the weather (A hat and/or sunglasses and sunscreen, in summer months and layers for colder weather).