

How can I get prizes for walking?

1. **Register** at <http://walkingfit.ucr.edu>
2. **Receive** a FREE pedometer
3. **Walk** or participate in any physical activity
4. **Log** your “steps” online
5. **Redeem** your steps for valuable prizes!

10,000 Steps per day goal

On an average day...

Men walk 7,192 steps

Women walk 5,210 steps

The “10,000 steps per day” goal is a great target for anyone. 10,000 steps is the recommended daily step goal for a healthy adult. Use your pedometer to help improve your activity level.

Steps per day activity level

If you walk...	You're activity is...
< 5,000	Sedentary
5,000-7,499	Low Active
7,500-9,999	Somewhat Active
≥ 10,000	Active
≥ 12,500	Highly Active

Wearing a pedometer is an easy way to track your daily steps. Start by wearing the pedometer every day for 1 week. Put it on when you get up in the morning and wear it until bed time. Record your daily steps in a log. By the end of the week you will know your average daily steps. You might be surprised how many (or how few) steps you take each day.



“As we embark on the path to preeminence, UCR is committed to a campus culture that promotes wellness through healthy lifestyles that enhance the quality of life for our faculty, staff, and students”.

-Timothy P. White, Chancellor

Contact us

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UCRIVERSIDE

UNIVERSITY OF CALIFORNIA

Human Resources
Workplace Health & Wellness

Making wellness a priority



Brought to you by
UCR Wellness Program
for Faculty and Staff

<http://walkingfit.ucr.edu>

Welcome to UCR WalkingFit

WalkingFit is a FREE program for all UCR faculty and staff employees designed to promote lifelong fitness and improve health and wellbeing through daily cumulative movement.

Registration

You can register online using your UCR Net ID at:
<http://WalkingFit.ucr.edu>

You can register in-person at:

Student Recreation Center
Monday through Friday 9:00 am - 5:00 pm or
Human Resources with Julie Chobdee or Kristie Elton

Should I see my doctor before beginning a walking program?

It is always recommended that you see your physician before beginning any exercise program. It's especially important that you see your physician if you answer "yes" to any of the following questions:

1. Has your health care provider told you that you have heart trouble, diabetes, or asthma?
2. When you are physically active, do you have pains in your chest, neck, shoulder, or arm?
3. Do you often feel faint or have dizzy spells?
4. Do you feel extremely breathless after you have been physically active?
5. Has your health care provider told you that you have high blood pressure?
6. Has your health care provider told you that you have bone or joint problems, such as arthritis?
7. Are you over 50 years old and not used to doing any moderate physical activity?
8. Are you pregnant?
9. Do you smoke?
10. Do you have any other health problem or physical reason not mentioned here that might keep you from starting a walking program?

How do I get my pedometer?

After registration, print out your registration confirmation and bring it to the Student Recreation Center Monday- Friday from 9:00 am - 5:00 pm or Human Resources with Julie Chobdee or Kristie Elton.

Awards

100,000 steps
Drawstring Back Pack



250,000 steps
Water Bottle



500,000 steps
Messenger Cooler



750,000 steps
Coffee Travel Mug



1,000,000 steps
T-shirt



5,000,000 steps
Gym bag



10,000,000 steps
Fleece Blanket



More milestones levels to be added!

Top 10 reasons why you should walk

1. Walkers live longer
2. Walking helps prevent weight gain
3. Walking helps you lose weight
4. Walking reduces the risk of cancer
5. Walking reduces the risk of heart disease and stroke
6. Walking reduces the risk of diabetes
7. Walking boosts your brain power
8. Walking improves your mood and relieves your stress
9. It's easy to get started on a regular walking program
10. It's FREE and you can earn valuable prizes!

Any physical activity you do while participating in this program counts! Whether it's walking from your car to the office, or from your house down the street to grab some food, you've already taken a big step towards success in the UCR WalkingFit program. Sign up today and benefit from what you already do!

