

HOW FAR CAN YOU GO?



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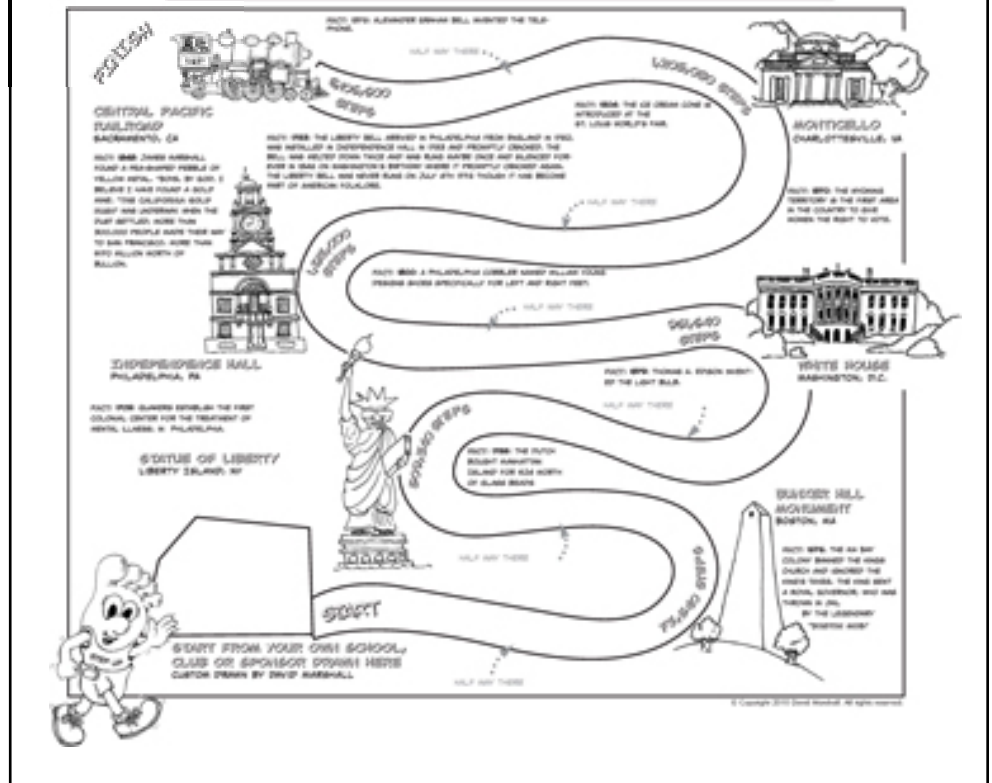
HOW FAR CAN YOU GO?

Healthy Living Games

experience. interact. broaden. learn. participate.

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HOW FAR CAN YOU GO?



This walking adventure covers 3,053 miles - which ~~completes~~ ^{is} 6,106,600 steps. As you enjoy your fitness walk, you can also color in segments on the map as you reach the milestones of American history.

WALKING AMERICA'S HISTORY

Our free program will help you chart your steps as you walk across the USA on the American History Trail.

Chart Your Steps From Coast To Coast!

USA Milestones and Trail Highlights
The American History Trail winds 6,106,600 steps from Massachusetts over Virginia's Shenandoah Valley to the ocean near Sacramento, CA.

Log your milestones on the trail as you complete each segment and pass from state to state.

Color Your Map

- Walk 10K a day and earn awards at milestones. You will be rewarded for

your progress.

- Color in the map to show your progress
- Prizes, awards, and recognition

Daily Walking Log

- Use the daily log pages to track your walking distance
- Journal your ideas and achievements

What We Provide

TEACHER : • Program Instructions
• Walking log sheets, FUN FACT sheets, Wall Map

PARENTS : • FUN FACT sheets

STUDENTS : • Walking Log



Incorporating Into Classroom

STEP I.

- Hang How Far Can You Go MAP on wall

STEP II.

MONDAY THRU FRIDAY

Each Morning

- Hand out pedometers
- Hand out walking log

End of each school day

- Kids will record actual steps walked in daily log
- Parent collects log sheets
- Totals are recorded on the wall chart. There can either be one family wide wall chart for overall effort made or a wall chart for each family member

STEP III.

FRIDAY - end of day

- Each child records total steps walked from the week by adding daily totals
- Parent reviews with family a Fun Fact Sheet

PLEASE NOTE:

EACH MONDAY

- Kids will add their weekly total with parents total(s) for a whole family weekly total and mark the weekly total on the wall map by coloring progress made.

Incorporating Into Teams

Families can adoptother families too!

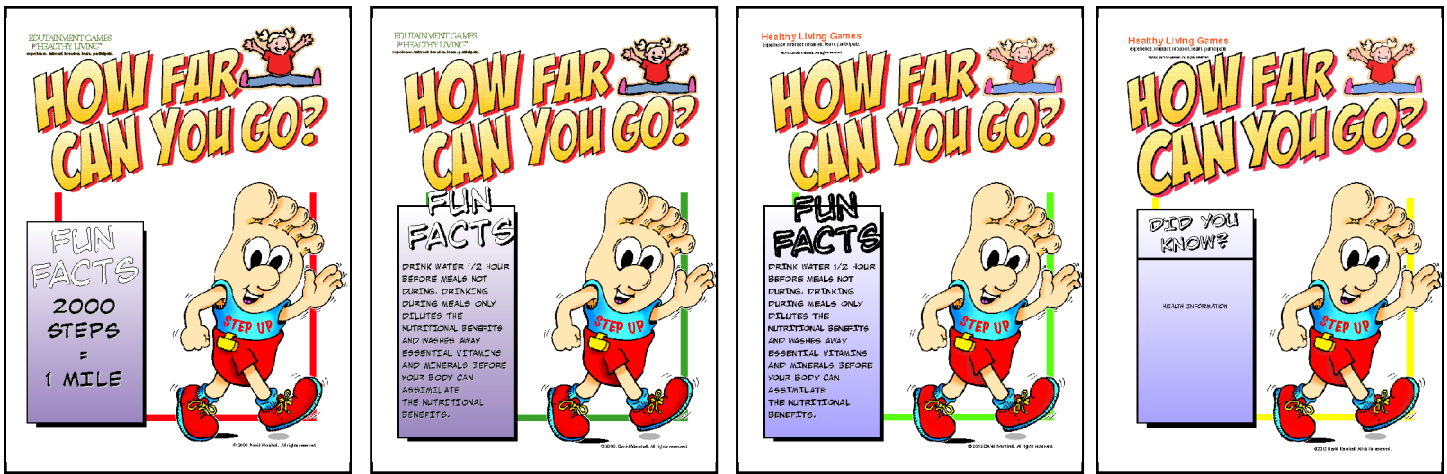
A fun challenge for families:

- Each family can adopt another family

Example: A family can decide which family they want to "adopt." The family members will wear the pedometer and log their steps daily/weekly. At the end of each week the family will add the total number of their steps together with other families total and mark the wall chart.

HOW FAR CAN YOU GO?				
WEEKLY WALKING LOG				
NAME: _____				
WALKING PROGRESS FOR THE WEEK ON: _____				
DAY	STEPS	MILES	KM	SPEED
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				
WEEK TOTAL				
GOALS:				
PROGRESS:				
IDEAS:				





Examples of FUN FACT Sheets - FREE TO DOWNLOAD

Things You Should Know

NUTRITION

Support your walking program by eating smart.

Food Diary And Walking Log

Track your food habits and win weekly prizes for stepping up to the challenge.

- Eat a healthy snack every day for five days
- Eat three fruits or three vegetables a day for a week and feel your new source of energy

How To Convert Steps To Miles

Use the pedometer steps formula to easily convert steps to miles.

Did you know?
2000 steps = 1 mile on the trail

Steps Log

With your pedometer, you can chart your steps each day.

Delete the last two digits of the total (divide by 100) and equate that to miles on the trail.

Example: 10,000 steps = 5 miles on the US History Map.

How to Measure Your Stride - Step Length

For a pedometer to measure distance, you must measure your average step length or average stride length.

What is Step Length?

The distance from the heel print of one foot to the heel print of the other foot. This is the distance traveled forward by a single leg.



10,000 Steps

Make a mark at the heel of your right foot and then walk 10 steps, marking where the heel sets down on your tenth step. Measure the distance. Divide that distance by 10.

Recent evidence shows that healthy adults should strive to take 10,000 steps every day.

Children and adolescents can strive for even more - around 12-14,000 steps a day.

Senior Adults, (depending on mobility or existing health problems) should strive for a little less than 10,000 steps talk to your doctor about modifying your target if you think you might be in this category.

By monitoring the number of steps you normally take in a day, you can set goals for increasing that number up to 10,000 steps, and beyond.

NOTE: 10,000 steps a day is considered a weight loss program.

Estimate by Height

These are rough estimates, but we provide another measure by which you can check your results:

Girls: Your height x .413 equals your stride length

Boys: Your height x .415 equals your stride length

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CHART YOUR STEPS FROM COAST TO COAST!

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COLOR YOUR MAP

- Walk 10K a day and earn awards at milestones. You will be rewarded for your progress
- Color in the map to show your progress • Prizes, awards, and recognition

DAILY WALKING LOG

- Use the daily log pages to track your walking distance
- Journal your ideas and achievements

WHAT WE PROVIDE

PARENTS : • FUN FACT sheets, walking log for whole family

STUDENTS : • Walking Log

STEP I.

☞ Hang HOW FAR CAN YOU GO MAP on wall



STEP II.

MONDAY THRU FRIDAY

Each Morning

☒ PUT out pedometers - we have a great source for you if you need pedometers - contact us from our web site www.storymansworld.com

- Hand out walking log

End of each school day

☒ Kids will record actual steps walked in daily log

- Parent collects log sheets

☒ Totals are recorded on the wall chart

- There can either be one family wall chart for overall effort made or a wall chart for each child.

STEP III.

FRIDAY - end of day

- Each child records total steps walked from the week by adding daily totals
- Parent Hangs Fun Fact Sheet

PLEASE NOTE:

EACH MONDAY

- Have your family join in on the fun too! They can E-mail their walking totals to you and then you can add those steps to your class or clubs total. ☐
- Children will add their weekly total with parents total(s) and for a whole team/family weekly totals and mark the weekly total on the wall map by coloring progress made

Incorporating Your Extended Family

Families can ☐adopt☐their entire extended family and other families too!

A fun challenge for families:

- Friends and family can each adopt another family to participate

Example: A family can decide which family they want to "adopt." The family will wear the pedometer and log their daily/weekly steps.

At the end of each week the families will add the total number of their family's steps together with their "adopted" family's total and mark the wall chart

You'll be amazed buy How Far You Can Go as extended family and adopted families work together!

***THE WORLD'S AN AMAZING PLACE,
BECAUSE YOU ARE IN IT!***

