

Taking Strides Frequently Asked Questions (FAQs)

<p>How does Taking Strides work?</p>	<ul style="list-style-type: none"> • Using your step-tracking device or phone app, start stepping on Monday, September 26th! <ul style="list-style-type: none"> ○ Activity-tracking device like a pedometer, FitBit, Vivosmart, accelerometer on your smart phone like iHealth app • Track your daily steps on the paper step log • Enter your # of steps online each week using the link that will be emailed to you <ul style="list-style-type: none"> ○ Once you enter your steps online for any given week, you cannot go back and edit • Try to increase your steps each week! • Continue to track your steps with the step log, enter them online, and develop your weekly goals through Sunday, October 30th.
<p>About how many steps is a good goal?</p>	<p>The American Heart Association and Centers for Disease Control and Prevention recommend that healthy adults accumulate 10,000 steps per day, or about 5 miles depending on stride length. This is a guideline and may not be realistic for everyone. Taking Strides is about meeting individual goals to increase physical activity levels, so this goal may be different for everyone.</p> <p>A good guideline to increase steps gradually is to increase your baseline daily step average by 10%-20% per week until you reach an average of at least 10,000 steps per day or more. For a 10% increase, multiply steps by 1.1. For a 20% increase, multiply steps by 1.2.</p>
<p>How far is 10,000 steps?</p>	<p>The average person's stride length is approximately 2.5 feet long. That means that it takes a little over 2,000 steps to walk one mile. 10,000 steps is close to about 5 miles, depending on the length of your stride.</p>
<p>What activities give me the most steps besides walking?</p>	<ul style="list-style-type: none"> • See Step Equivalents for Physical Activity • Many types of activities will increase your daily # of steps: walking, running, basketball, tennis, swimming, badminton, ellipticals, stair-steppers, rock-climbing, fitness classes, soccer, hiking, bicycling, football, volleyball, water polo, rugby, frisbee golf, etc. • University of Iowa Recreational Services offers many options for you to be active, including group exercise classes, intramurals, exercise machines, indoor tracks, indoor basketball and racquetball courts, aquatics, outdoor programs and equipment rentals, and more! Visit recserv.uiowa.edu for more information!
<p>My pedometer asks me to put in my stride length, how do I calculate my stride length for my pedometer?</p>	<p>You can calculate your stride length by walking a known distance and dividing by the number of steps it takes to cover that distance.</p>
<p>Procedure for determining stride length using the Fieldhouse Track and CRWC Tracks</p>	<ol style="list-style-type: none"> 1. Reset the number of steps on your pedometer 2. Put the pedometer on your hip (clip to your pants) 3. Walk one lap at your "normal" pace at the Fieldhouse/CRWC track 4. Record the number of steps you took in one lap <p>Distance per lap for Field House Indoor track: Lane 1 = 489.7 feet</p>

	<p>Lane 2 = 512.7 feet Lane 3 = 534.6 feet Lane 4 = 559.7 feet</p> <p>Distance per lap for CRWC Indoor track: Perimeter of track = About 587.7 feet per lap</p> <ol style="list-style-type: none"> 1. Distance per lap in feet (use chart above) _____ 2. Number of steps in one lap (on your pedometer) _____ 3. Distance per step ($\#1 \div \#2$) _____ (your stride length) 4. Divide 5280 by #3 _____ to determine the number of strides (steps) per mile
<p>What is the difference between walking and running with your pedometer?</p>	<p>Your stride length will probably be a little longer when running. Because of this you may want to calculate your stride length while running as well as walking. There is not that much of a difference so it is not essential to change your stride length on your pedometer when you are running.</p>
<p>How many steps does it take to walk 1 mile?</p>	<p>On Average:</p> <ul style="list-style-type: none"> • 500 steps ~ 1/4 mile • 1000 steps ~ 1/2 mile • 2000 steps ~ 1 mile • 10,000 steps ~ 5 miles
<p>How many steps do I need take each day to lose weight?</p>	<p>Generally, if your body uses more energy than you consume through the food you eat (or vice versa), you will see weight and/or body composition changes. Weight loss is achieved through caloric imbalance. However, there are many individual factors that may impact weight. Remember that weight-loss takes time and that many people do not see a weight loss through physical activity alone but through a combination of increased physical activity, quality sleep, stress management, and dietary changes.</p> <p>To schedule an appointment with a Student Health & Wellness dietitian at the Student Health & Wellness Clinic or the CRWC, please call 319-335-8394.</p>
<p>Is there a fitness specialist that I could talk to about exercise?</p>	<p>If you'd like to schedule a fitness consultation, fitness assessment, or body composition test with a Student Health & Wellness Fitness Specialist in the Campus Recreation and Wellness Center (CRWC), please call 319-353-2973.</p> <p>Student Health & Wellness fitness <u>consultations</u> focus on exercise guidelines and recommendations, goal-setting, overcoming barriers, workout ideas, and motivation.</p> <p>Fitness <u>assessments</u> are free for students and include measurement of heart health, cardiorespiratory endurance, muscular strength and endurance, and flexibility.</p> <p>Student Health & Wellness also offers free <u>exercise and equipment orientations</u> at the CRWC.</p>
<p>Where should I wear my pedometer?</p>	<p>Your pedometer should be worn about half way between the side of your body and your belly button on the waistband of your pants.</p>
<p>Why should I use a pedometer?</p>	<p>A pedometer helps remind you to be more active! When you use your pedometer you will be able to receive immediate feedback! Use this to motivate you to be more active. A pedometer can show you how active you really are!</p>

<p>What are some ways to increase the # of steps I take each day?</p>	<ul style="list-style-type: none"> • At the grocery store take your cart back in the store when you are finished with it • Watch your weekly TV show while walking on a treadmill • When you watch TV get up and walk around during the commercials • Replace one car trip with a walking trip each day • Walk around while talking on the phone • Clean your house/apartment • Offer to mow or rake your own or someone else's yard • When working or studying, get up and walk to talk to someone vs. using the phone or email, if applicable
<p>What are the rewards for participating in Taking Strides?</p>	<p>Each participant who completes Taking Strides will be rewarded one prize at the conclusion of the 5-week program. Students earn their prize by entering steps online every day of the program. Prize choices include a water bottle or pedometer (a \$17 value).</p>
<p>What is Student Health & Wellness?</p>	<p>Visit studenthealth.uiowa.edu to learn more about Student Health & Wellness.</p>
<p>I have more questions about Taking Strides</p>	<p>Email additional questions to heidi-bohall@uiowa.edu or rachel-liddle@uiowa.edu</p>
<p>What are other good resources?</p>	<ul style="list-style-type: none"> • Step Equivalents for Physical Activities (<i>*if you participate in an activity like swimming, where you can't use your step-tracking device, you can multiply the total # of minutes by the step equivalent to find your total # steps</i>) • Fitness Tracker Comparison 2016 • More on achieving 10,000 steps/day • Be Active Your Way/Physical Activity Guidelines

