

Walk for Wellness FAQ

What is Walk for Wellness?

It is a 10-week self monitored walking program designed to encourage you to make exercise a schedule part of your daily activities.

How do I sign up?

Please email me, kallman1@email.unc.edu; I will then forward you a more detailed description of the program.

Do I need a partner?

No you do not need a partner, but a partner is highly encouraged. Having a workout partner helps to hold you accountable to yourself and to the program. Not to mention a partner can help mix up your normal routine and challenge you to improve the pace of your work out.

Does my partner have to work at UNC?

No your partner does not have to work here, but we do encourage you to have a co-worker partner that way you can motivate your fellow colleagues to get active.

If we do have partner, do we turn logs in separately?

Yes, logs are turned in on an individual basis. A partner is there to offer support and motivate, but ultimately you have to put in the work and should be rewarded based on what you yourself do.

How do we track our activity?

You can track your activity either by time, distance, or steps taken. There is an activity log that is posted on the campus recreation website. Fill out the log and email the activity log to me, kallman1@email.unc.edu.

Is there a fee?

No there is no fee for the program.

Where can I find a step counter?

We have a limited supply of step counters. If interested please email me and stop by the fitness services office on Friday between 11:30-1:30pm, this is the time I am available to distribute the pedometers. If you would like to purchase your own here are a few locations: Target, Wal-Mart, or any sporting goods store.

Do I need to have a recreation membership?

No you do not need to have a recreation membership to participate.

What are the guidelines for physically active individuals aged 18-65 according to the American College of Sports medicine (ACSM)?

Any one of the three would classify as meeting the guidelines set by ACSM:

- Moderate aerobic activity for at least 30 minutes on 5 days of the week (i.e. walking briskly)
- Vigorous aerobic activity for at least 20 minutes on 3 days of the week (i.e. jogging)
- Combine moderate and vigorous intensity aerobic activity to meet his recommendation. Walk briskly two days a week for 30 minutes and jog for 20 minutes on another two days.

What is considered successful completion of the program?

- Must walk at least 10,000 steps a minimum of three days out of the week.
- One of those days must be with your partner. If you do not have a permanent partner make at least one walk with another individual, it can be a partner, spouse, child, co-worker, friend, etc.
- Must complete 8 of the 10 weeks.
- Turn in activity logs promptly.

Where can I walk?

Here is a link to [walking maps](#) around the UNC campus with relative distances included. If you are not sure about how far you are walking or would like pace calculator I recommend using [mapmyrun.com](#). Then click, map new run. Here you can actually map a personalized walking route that you may do at home. Once you complete the route you can calculate your pace based on your time and distance.

If there are any additional questions, feel free to contact me at kallman1@email.unc.edu.