

FREQUENTLY ASKED QUESTIONS

How do I convert bicycle distance to number of walking steps?

You cannot measure steps based on miles when you are biking. For instance, walking one mile would take you approximately 15 minutes, where as biking a mile might only take you five minutes. You can only measure it based on duration (time). So 15 minutes of biking would be equal to 2,000 steps but it might be 10-15 miles. Based on this, if you are calculating steps from biking you must use the formula of time and not miles:

15 minutes =	2,000 steps
30 minutes =	4,000 steps
45 minutes =	6,000 steps
60 minutes =	8,000 steps
1 hour 15 minutes =	10,000 steps

When should I get new shoes?

Replace your walking shoes every 6 months or 600 miles, whichever comes first. At that point, it doesn't matter if the shoes still look great; they've lost a lot of their cushioning.

My hands swell when I walk. Is this a problem?

Swelling in your hands is normal. When you swing your arms, the blood rushes down into your fingers. It isn't harmful, but it could be uncomfortable, especially if you wear rings. It's a good idea to take off your rings before you go walking. If the swelling bothers you, try squeezing your hands into fists from time to time while you walk. This helps push blood back from the fingers. Some people carry small rubber balls to squeeze

I'm having pain in the front of my legs. What is it?

It sounds like shinsplints, a common problem among beginning walkers. It results from doing too much too soon. Your shin and calf muscles cramp from overuse and you notice a burning pain in your shins. To avoid shinsplints, increase your distance and pace gradually, and always take time to warm up before doing any speed work. If you've already overdone it, try slowing your pace. If you're still in pain, try stretching your calf muscles. Stand facing the nearest wall or tree, then lean forward, putting your palms against the wall or tree and keeping your heels flat on the ground. Or sit on a bench with your legs straight out in front of you, and flex your feet toward you. Still in pain? Hobble home and apply ice for 15 minutes. Be sure to wrap the ice in a towel, to protect your skin from the cold. (Source- University California Irvine University Recreation)

How do I get my pedometer?

After registering, you may pick up your pedometer at the Student Activities Center in Amy Henkelman's office (SAC 130D, Monday-Friday between 1:15-3 p.m., or by appointment).

Why can't we log more than 15,000 steps per day?

We find it admirable that many people exceed 15,000 steps per day, and encourage them to continue their active lifestyles. We don't allow participants to log more than 15,000 steps per day on the IU South Bend *Stepping Toward Beijing Log* for the following reasons:

For optimal health we are recommending approximately 10,000 steps per day of cumulative walking, combined with specific exercise sessions in which the participant does activities other than walking, such as resistance training, sports, cardiovascular activity, and recreational activities. There is absolutely nothing wrong with waling 20,000 or 30,000 steps per day for those who like it, but for this program we are advocating 10,000 steps plus cross training activities which don't require a pedometer.

The walking program is for everyone, and our primary objective is to encourage people to walk the equivalent of about an hour-and-a-half per day.

We have designed individual and team incentive prizes to be within the reach of all of our participants. By limiting the number of steps that members can log, we are leveling the playing field for those who need the motivation most. We would like to keep the competitive aspect of the program more light, fun, and egalitarian.

We hope that you'll continue your active lifestyles and not be deterred from stepping as much as you desire! We applaud those of you who exceed 15,000 steps per day, and encourage you to keep up the good work

What if my pedometer seems inaccurate?

For best results, clip the pedometer firmly at your waist. It should be located above the knee or on your side above

the hip. It is important that the case is positioned straight up and down. If the pedometer is tilted your step count may be under-recorded because the pedometer's pendulum function is not free to swing properly.

Why do I need a partner?

Studies show that having a workout partner:

- motivates you
- holds you accountable
- helps you stick to your program
- helps you reach your goals

Course Information

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