

IU South Bend Stepping Toward Beijing (Summer Walking Program)

Did you know that studies have found that on average a person that works a desk job on average walks 2,000 steps a day which equals out to one mile or 15 minutes of moving in 24 hours? It is pretty shocking when you think about those numbers.

This summer IU South Bend is stepping toward Beijing!!! Yes, that is this year's 13-week summer walking program theme. This summer we are doing a team walking program. We will be using a pedometer and recording steps. The program starts May 18th and ends on August 16th.

You and a partner will sign up to be a team. Make sure to come up with some crazy, creative, fun team name and [email Amy Henkelman](#) with your ideas. Please make sure to have the following in the registration email:

Both participants' names
Both participants' email addresses and
Team name

If you can not find a teammate please state that in your registration information and you will be paired up with someone.

After registering, you may pick up your pedometer at the SAC 130 (Monday through Friday between 10 a.m.-12 p.m. and 1:15-4 p.m, or by appointment).

Rules

You will both need to individually log your own steps and turn in your logs individually by the scheduled turn in dates for your steps to count towards your teams steps. If only one person turns in a log by the turn in date the steps will count for the individual but not for the team. (Log with turn-in dates will be provided.) Logs can be turned in by attaching log to an e-mail.

The maximum number of steps that can be turned in per day is 15,000 steps.

Prizes

Prizes will be given out to Gold, Silver and Bronze place teams. Prizes will also be given out to individuals that take 250,000 steps, 500,000 steps, and 1,000,000 steps.

Frequently Asked Questions

[Click here](#) to view a list of frequently asked questions.

If you have any additional questions please call Amy Henkelman at 520-4594, or [click here](#) to send an e-mail.