

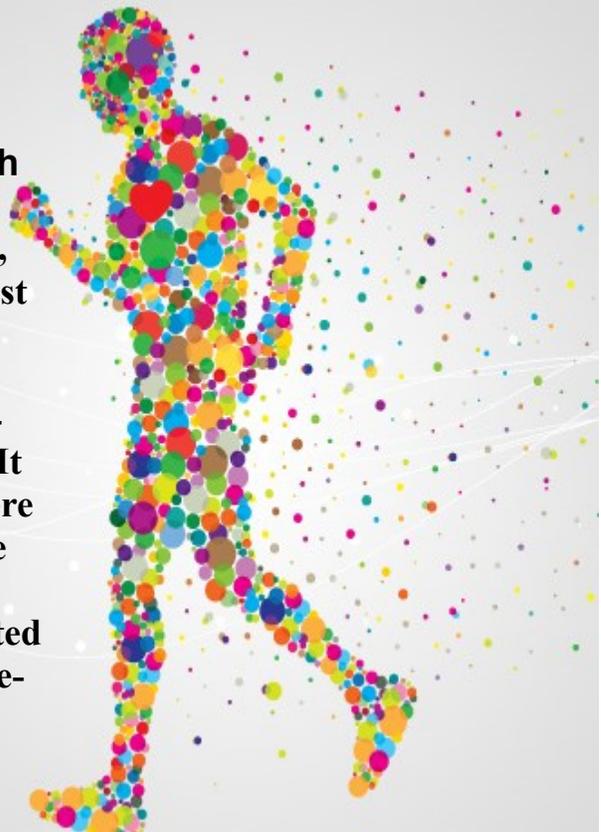
May Topic: Fitness and Sports

The 100 Mile Month Challenge

The topic of the month for May is fitness and sports. In honor of this topic we at Health Promotion are asking you to take the 100 mile month challenge.

What exactly does the 100 Mile Month Challenge involve?

This one is pretty simple, you can walk it, run it, jog it, crawl it, or even swim it! Just move 100 miles this month 100% wheels free. No skating, cycling or driving. You must use your body to move yourself forward for a total of 100 miles this month. It will be up to you to decide when and where to get in your miles, but it should average just over 3 miles per day. All movement counts — this does not need to be dedicated “exercise.” It includes all your daily movement PLUS your planned exercise.



Visit us at Health Promotion to get a free pedometer to help you track your miles. The average person's stride length is approximately 2.5 feet long. That means it takes just over **2,000 steps** to walk one mile, and **10,000 steps** is close to 5 miles.



Presented by NHCH Health Promotion
For more information call us:
808-471-2280

