

Walk Across Tennessee Steps

Through a modest increase in daily activity, most Americans can improve their health. *Walk Across Tennessee* is a program that persuades and motivates people of all ages to make that most important change... to get started. It is a program that is simple, inexpensive, and safe. All you need is a team of 5-8 people and a desire to get moving.

Teams do not really walk or ride together, although they may if they want to; teams simply pool their mileage each week to work towards the chosen destination on a map posted in a convenient place for people to check.

So, dust off your walking shoes and prepare to join us in this eight-week journey "across" Tennessee. Here are the "steps" to *Walk Across Tennessee*.

1. Form a team. 1 captain and 5-7 members to walk, ride bikes, or run (up to 8 total people per team).
2. Captain will complete a **Team Registration Form** and send it to the Weakley County Health Department by March 7, 2015. fax 731-364-2986 or by email to Rita.Jeter@tn.gov
3. Captain will receive a **Captain's Packet** with materials to distribute to team members.
4. Each team member will complete an **Individual Registration Form** and return to the Captain (the Captain completes one too). Captain sends all Individual Registration Forms to the Weakley County Health Department by fax 731-364-2986 or by email to Rita.Jeter@tn.gov
5. Attend the Kick Off Event on **March 7, 2015 from 12pm-2pm at the Dresden Farmer's Market.**
6. Walk Across Tennessee will run from March 7 through May 2.
7. On the Tennessee Map the "starting point" will be I-40 in Memphis and the ending point will be I-40 in Bristol. The map of team progress will be on display at the Weakley County Health Department M-F 8am-4:30pm for the duration of the Walk Across Tennessee program.
8. Recognition will be given to the team arriving at the end point first, and to the team walking, riding, or running the most miles.
9. The captain and team members will record their mileage on their **Individual Mileage Logs** between Sunday and Saturday each week.
10. Members will notify their captain to report each weekly mileage total on **Monday** of each week.
11. Captains will record their own and members mileage on the **Team Captain's Log**, determine the total number of miles walked by the team that week and then call or email the totals to Rita Jeter at the Weakley County Health Department by Wednesdays at 4:30pm. 731-364-2210 or Rita.Jeter@tn.gov
12. Team miles will be noted on the Tennessee Map posted at the Weakley County Health Department by Friday mornings.
13. Large work-groups with multiple teams of 7 members plus their captain should have captains give their team totals to a site coordinator each week; the site coordinator then calls each of the team totals for the entire worksite to the Health Department; such groups may track their own

teams' progress on a map posted at their worksite as well as compete with one another, if they wish.

14. Schools and/or classes only need to report number of students participating and total miles walked each week to their site coordinator who will call in the totals to the Health Department; the school may track their progress on a map at the school. No registration forms or logs are required for school groups. Classes may participate with each other.
15. At the end of the 8-week period, team members and their captain will complete the **Walk Across Tennessee Wrap-Up Form**, turn it in to the captain along with their **Individual Mileage Logs** by May 4, 2015. Captains will turn in the **Individual Mileage Logs, Walk Across Tennessee Wrap-Up Forms, and the Captain's Log** to the Weakley County Health Department by May 4, 2015.
16. Recognition Ceremony dates and times will be announced.

Contact Information:

Weakley County Health Department

9852 Highway 22

Dresden, TN

PH: 731-364-2210

Fax: 731-364-2986

Email: Rita.Jeter@tn.gov

Captain's Responsibilities

Before *Walk Across Tennessee* starts, the Captain will:

- Recruit seven other walkers or riders or runners/joggers.
- Complete the **Team Registration Form** and turn it into the county *Health Dept.*
- Provide each team member with an **Individual Registration Form, Individual Mileage Log** and **Walk Across Tennessee Wrap-Up**. These forms are in the 'Team Members' section of the Captain's Packet received from the *Health Dept.*
- Turn in the team's **Individual Registration Forms** (including his/her own) to the *Health Dept.* or site coordinator (who then turns these into the county *Health Dept.*) before *Walk Across Tennessee* begins.
- Ask team members to record their mileage every day on their **Individual Mileage Logs**, total their weekly miles, and call you to report their totals for the week each Monday. Record your mileage on your own **Individual Mileage Log** and add this to your team total.
- Inform the team members about the **Kick-Off Event, Health Breaks** education programs*, **Recognition Ceremony**, and any other events during *Walk Across Tennessee*.

Every Week on Monday:

- Collect the mileage walked and pounds/inches lost** by the seven other team members; record their numbers plus your own on the **Team Captain's Log**.
- Report your team's mileage & pounds/inches lost and any Success Stories to your county *Health Dept.* or site coordinator before Wednesdays at 5:00 p.m.

On Week Seven:

Ask (or use the "**Walk Across Tennessee is Ending**" Memo in your Captain's Packet) each team member to complete the **Walk Across Tennessee Wrap-Up** and **Individual Mileage Log** and turn both into you as soon as *Walk Across Tennessee* is over. Please remember to complete these two forms for yourself as well.

Two weeks after *Walk Across Tennessee* is over or before:

- Calculate your team's total mileage/pounds lost for the 8 weeks and note this on the **Captain's Log**.
- Call all team members one time to *remind them* if they have not turned in their **Individual Mileage Logs** or **Walk Across Tennessee Wrap-Ups** to you.
- Send or deliver to your county *Health Dept.* or site coordinator all your team's **Individual Mileage Logs, Walk Across Tennessee Wrap-Up Forms** (including yours), **Success Stories Log** and the **Captain's Log**.

Thank you for all your help.

* Educational packets will be available for volunteers to use for short mini-programs, called *Health Breaks*, at their clubs, church, worksites or with their families. Some team Captains may choose to obtain educational packets from the county Extension office and share the information with the team members. Some county Extension agents will be offering *Health Breaks* or other programs - call the agent to find out the details.

** **Optional** - Reporting pounds or inches lost is optional.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.



Captain's Log

Team Captain's Name: _____ Team Name: _____

Team Captain's Phone Number: _____ County: _____

Directions

- Collect an **Individual Registration Form** from every member and yourself before walking begins, and send these to your county *Health Dept.*
- Record your team members' total weekly mileage (and pounds or inches lost, if recorded).
- Record members' Success Stories using the **Success Stories Log**.
- Turn in (call, fax, e-mail, mail or drop-off) your team totals to your county *Health Dept.* by Wednesday each week during the *Walk Across Tennessee* program.
- In week 7, remind your team members to finish their **Individual Mileage Log** and **Walk Across Tennessee Wrap-Up** and, at the end of Week 8, to turn these in to you. Also inform them of the time and location for the Celebration and Awards Activity.
- When *Walk Across Tennessee* is over, calculate the total miles (and pounds or inches lost) for Weeks 1 through 8 and write the totals for your team in the bottom row and last column.
- Collect an **Individual Mileage Log** and **Walk Across Tennessee Wrap-Up** from each member and yourself. Attach your **Team Captain's Log** along with any **Success Stories**, and turn in everything to the county *Health Dept.*

Team Miles Walked & Pounds/Inches Lost

Member Name		1	2	3	4	5	6	7	8
	mi.								
	lbs/in.								
	mi.								
	lbs/in.								
	mi.								
	lbs/in.								
	mi.								
	lbs/in.								
	mi.								
	lbs/in.								
	mi.								
	lbs/in.								
Totals	mi.								
	lbs/in.								

Total Team Miles Walked _____
(add weekly totals above)

Total Pounds/Inches Lost by Team _____
(add weekly totals above)

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Physical Activity Equivalents for *Walk Across Tennessee* Program

The purpose of the *Walk Across Tennessee* program is to motivate people to get moving more. Perhaps, for many, the simplest way to move more is to walk more. However, engaging in other physical activities is also very beneficial to your health and well-being.

For physical activities in which miles "walked" cannot be measured using a pedometer, the table below is provided to help participants determine an equivalent to miles walked.

The physical activity equivalents are estimated based on METS. A MET, or metabolic equivalent, is a way of expressing the rate of energy expenditure from a given physical activity. In other words, the physical activity equivalents are based on the time it would take doing that activity to equal the amount of energy expended walking one mile.

To determine miles "walked" for activities listed below, keep track of the time spent (in minutes) engaged in the physical activity. For example, if you did water aerobics for an hour, that would be equivalent to walking 3 miles (1 mile of walking = 20 minutes of water aerobics; so, 60 minutes of water aerobics = 3 miles). Recording miles "walked" is based on the Honor System, please use your best estimate.

Note: Only moderate to vigorous activities that are similar to walking count in the *Walk Across Tennessee* program. Light activities such as bowling, fishing, housework and cooking do not count towards miles "walked."

<i>Physical Activity</i>	<i>Time Spent to Equal 1 mile</i>
Bicycling - leisurely	20 minutes
Bicycling - light, 10 - 11.9 mph	13 minutes
Bicycling - moderate, 12 - 13.9 mph	10 minutes
Bicycling - vigorous, 14 - 15.9 mph	8 minutes
Bicycling - racing, 16 - 19 mph	6 minutes
Stationary bicycling - light	16 minutes
Stationary bicycling - moderate	11 minutes
Stationary bicycling - vigorous	8 minutes
Aerobics - low impact	16 minutes
Aerobics - high impact	11 minutes
Water aerobics	20 minutes
Swimming laps - light/moderate	10 minutes
Swimming laps - vigorous	8 minutes
Resistance training (weightlifting)	27 minutes
Tennis	10 minutes

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Team Registration Form

Please submit your completed form to your county Extension office.

Team Name: _____

Team Captain's Name: _____

Captain's Telephone: _____ Address: _____

	<u>Name</u>	<u>Telephone Number</u>
Team Members:		
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____

Note: teams have 7 members plus a captain.

Team Goals:

- To enjoy the exercise of walking, running or biking with family, friends and co-workers during the *Walk Across Tennessee* program.
- To record the miles that you walk, bike, jog on your walking log.
- To encourage your teammates and others to complete their journey.
- To have fun!

Return this form to:

Weakley County Health Dept.
9852 Hwy 22
Dresden TN 38225
731-364-2210
rita.jeter@tn.gov



Individual Registration Form

UT Extension

Must be turned-in to the Captain *BEFORE* you begin!

Name: _____ County: _____
Team: _____
Telephone (home): _____ Address: _____
(work): _____

Age: _____ Gender (circle one): Male Female

Ethnic Background (OPTIONAL - circle one): Anglo African-American Asian
Hispanic Native American
Other (specify) _____

MY team is made up of people in MY ... (circle the number of one item below):

1. Worksite 2. Church 3. School 4. Family 5. FCE club 6. 4-H Club
7. Neighborhood 8. Community organization (name of organization): _____
9. Other (specify) _____

I wish to participate voluntarily in the *Walk Across Tennessee* physical activity for the purpose of personal fitness. I understand that I should have medical approval from my health care professional if I:

- have any chronic health problems such as heart disease or diabetes.
- have pains in my heart and/or chest areas.
- have a bone or joint condition, like arthritis, that might be made worse by an exercise program.
- have been told by a doctor that I have high blood pressure.
- have any physical conditions or problems that might require special attention in an exercise program.
- am a male over 45 or a female over 50 and not accustomed to vigorous exercise.

I agree to accept full responsibility for any injuries I may sustain while participating in this program.

Signature _____ Date _____



Which of these fitness activities do you do now? (check the box of all that apply)

- I do no fitness activity now
- Walk
- Run
- Swim
- Ride bicycle
- Other (specify) _____

If you do a fitness activity now, please indicate how many days each week you perform the activity(ies) checked above.

- A. Walk _____ days each week
- B. Run _____ days each week
- C. Swim _____ days each week
- D. Ride bicycle _____ days each week
- E. Other activity _____ days each week

Write the number of minutes each day you perform the activity(ies) checked above.

- A. Walk _____ minutes each day
- B. Run _____ minutes each day
- C. Swim _____ minutes each day
- D. Ride bicycle _____ minutes each day
- E. Other activity _____ minutes each day

How would you describe your eating habits?

Note: Schools and/or classes only need to report number of students participating and total miles walked each week to their site coordinator who will call in the totals to the Extension office; the school may track their progress on a map at the school. No registration forms or logs are required for school groups. Classes may compete with each other or student vs. teacher, etc.

At the end of 8 weeks, team members and their captain will complete the **Walk Across Tennessee Wrap-Up**, turn it in to the captain along with their **Individual Mileage Logs** by 5-4-15.

Captain's will turn-in **Individual Registration Forms** (if not already turned in), **Individual Mileage Logs** and **Walk Across Tennessee Wrap-Ups** and the **Captain's Log** to the county **Health Dept.** by 5-4-15. Captains meeting this deadline will be eligible for a prize drawing at the **Recognition Ceremony**.

When? Date: TBA Time: TBA a.m./p.m.

Where? TBA

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Individual Mileage Log

Name: _____ Team Name: _____ Phone: _____

Captain's Name: _____ Captain's Phone: _____

Directions

- Record your **daily mileage** on this Individual Mileage Log.
- Report in (phone, fax, mail or e-mail) your weekly total miles to your Team Captain every Monday. Also report any successes you have had (like feeling better, spending more time with your family, sleeping better, losing weight, losing inches, lower blood pressure, clothes fitting better, watching less TV, etc.).
- When *Walk Across Tennessee* is over, total all your miles.
- Turn in this form along with your completed **Walk Across Tennessee Wrap-Up** form to your Team Captain after the 8th week.

Miles Walked & Pounds/Inches Lost

Day		1	2	3	4	5	6	7	8
Sunday	mi.								
	lbs/in.								
Monday	mi.								
	lbs/in.								
Tuesday	mi.								
	lbs/in.								
Wednesdday	mi.								
	lbs/in.								
Thursday	mi.								
	lbs/in.								
Friday	mi.								
	lbs/in.								
Saturday	mi.								
	lbs/in.								
Totals	mi.								
	lbs/in.								

Total Miles Walked _____
(add weekly totals above)

Total Pounds/Inches Lost _____
(add weekly totals above)

About how many minutes did you usually walk each time you walked? _____



Succes Stories Log



Team Name: _____

County: _____

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Walk Across Tennessee Wrap-Up



It has been a pleasure to host *Walk Across Tennessee*. Your success and opinions are important to us. Please help us plan the future for *Walk Across Tennessee* by taking a few minutes to complete this form.

Participating in *Walk Across Tennessee* . . .

	Yes	No	Not a Goal
1. Reduced by stress			
2. Improved by sleep			
3. Increased by energy level			
4. Reduced or helped me stop smoking			
5. Reduced my blood pressure			
6. Reduced by blood sugar level			
7. Decreased by blood cholesterol level			
8. Decreased my pain from arthritis			
9. Increased by exercise routine during WAT			
10. Helped me lose weight (If you lost weight, how many pounds in 8 weeks? _____ pounds)			
11. Will you continue to exercise after WAT ends?			

Your success is important to us. How has *Walk Across Tennessee* helped you? _____

Thank you for participating and happy walking!

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Must be turned-in to the Captain *BEFORE* you begin!

County: _____

Name: _____

Team: _____

Telephone (home): _____

Address: _____

(work): _____

Age: _____

Gender (circle one): Male Female

Ethnic Background (OPTIONAL - circle one):

Anglo African-American Asian

Hispanic Native American

Other (specify) _____

MY team is made up of people in MY . . . (circle the number of one item below):

1. Worksite 2. Church 3. School 4. Family 5. FCE club 6. 4-H Club

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I agree to accept full responsibility for any injuries I may sustain while participating in this program.

Signature _____

Date _____



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	lbs/in.								
Monday	mi.								
	lbs/in.								
Tuesday	mi.								
	lbs/in.								
Wednesday	mi.								
	lbs/in.								
Thursday	mi.								
	lbs/in.								
Friday	mi.								
	lbs/in.								
Saturday	mi.								
	lbs/in.								
Totals	mi.								
	lbs/in.								

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(add weekly totals above)

Total Pounds/Inches Lost _____
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Succes Stories Log



Team Name: _____

County: _____

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