



## OCTOBER IS "WALKTOBER"

### WHAT IS WALKTOBER?

Walktober is a physical activity challenge. Track your steps or minutes of physical activity from 10/1/23 – through 10/31/23.

### WHO CAN PARTICIPATE IN WALKTOBER?

Anyone!

### HOW WILL IT BE A FAIR CHALLENGE?

For each age group, we will find the total number of steps and divide by the number of participants to get each age group's average. The participant with the highest step average for each age group will be the winner. *Adult (Ages 25-54) · Senior (Ages 55+) · Students (Ages 13-24) · Youth (Ages 10-12)*

### HOW DO I TRACK MY STEPS?

You can use a fitness tracker if you have one or an app on your smartphone. Indicate how many steps or minutes you go each day on the Walktober log.

### DO OTHER TYPES OF PHYSICAL ACTIVITY COUNT?

Yes, all types of physical activity can be converted to steps. See the step equivalency chart for more information.

### HOW DO THE AWARDS WORK?

There will be awards for the top three overall participants along with awards for each age group with the most steps.

### HOW DO I RECORD MY STEPS/MINUTES?

Each week, participants will receive an email with a link to log how many steps/minutes they have recorded for the week.

### WHO DO I CONTACT FOR MORE INFORMATION?

Health & Exercise Science Department at Louisiana Christian University.

