

**JUST FOR THE HEALTH OF IT!**  
Governor's Health Bowl 2010

**Record your activity in miles.**

<b>Week of</b>	Sun	Mon	Tue	Wed	Thu	Fri	Sat	<u>Total</u>
9/18							18	
9/19-25	19	20	21	22	23	24	25	
9/26-10/2	26	27	28	29	30	1	2	
10/3-10/9	3	4	5	6	7	8	9	
10/10-16	10	11	12	13	14	15	16	
10/17-23	17	18	19	20	21	22	23	
10/24-30	24	25	26	27	28	29	30	
10/31-11/1	31	1	Turn In	Data!				

**Report results to Erma Snook-425-776-2067 or [egsnook@comcast.net](mailto:egsnook@comcast.net)**

**Report by November 4<sup>th</sup>.**

How to gauge your activities---Conversion Information –

**Walking**

Level 1	Leisurely stroll	2.5 mph
Level 2	Normal purposeful walking	4 mph
Level 3	Brisk Walk	5.5 mph
Level 4	Light Jog	7.5 mph

**Other Activities**

Climbing Stairs	Level 1
Strenuous exercise	Level 2
Steady upper body activity	Level 2
Yard Work	
Light weeding	Level 1
Up and Down	Level 2
Physically demanding	Level 3
Heavy Lifting	Level 4
Housework: Laundry, vacuuming, etc.	Level 2
Dedicated exercising, e.g., Aerobics	Level 4

**Examples:**

<b>Activity</b>	<b>Level</b>	<b>Hours</b>	<b>Conversion Factor</b>	<b>Miles</b>
Dahlia garden upkeep	1	10	2.5 mph	25
Hauling and spreading bark	3	2.25	5.5 mph	12.36
Pruning trees, shrubs, hedges	4	6	7.5 mph	45
Housekeeping chores	2	15	4 mph	60

There are two gatherings scheduled for walking together! All are welcome to these **gentle** outings . Come one, come all!

September 20<sup>th</sup> Walk the Edmonds Waterfront Meet at 9:15 a.m. at Arnie's Parking Lot.  
We'll stop by the Edmonds Senior Center after for coffee!

October 13<sup>th</sup> A Pep Rally Walk to keep us going! Meet at the Alderwood Mall Food Court at 9:15 a.m. We'll walk the perimeter of the mall – nearly a mile – And enjoy 50 cent coffee at Auntie Anne's Pretzel Place and visit!