



**LET'S LACE UP OUR
SNEAKERS AND HIT
THE PAVEMENT!**

**IT'S TIME FOR THE
WALKING CHALLENGE**

Strong Strides Walking Challenge

**Add steps into your day and improve your health,
energy levels and mood**



In this week long challenge, individuals will compete to get points



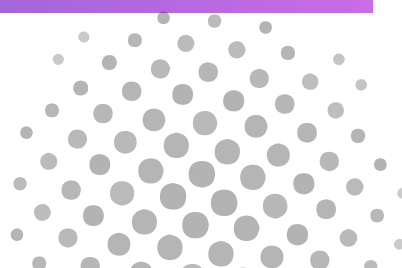
Contribute to your point total while improving your own overall health and well-being by logging your steps and completing *Quick Quests*



At the end of the challenge, the person with the most points will be crowned the champion, but the real victory lies in the positive impact on our health

Don't miss out!

The activity will begin on _____ and end on _____





Strong Strides Walking Challenge

Overview

ADDING REGULAR WALKING INTO YOUR DAILY ROUTINE CAN GREATLY IMPROVE YOUR OVERALL HEALTH AND WELL-BEING, MAKING IT A SIMPLE YET POWERFUL ACTIVITY.

Welcome to the Walking Challenge!

Get ready to step up your fitness game and launch an exciting journey toward healthier habits. This week-long challenge is designed to inspire you to incorporate more walking into your daily routine while promoting fitness, friendship and a bit of friendly competition.

Walking offers a multitude of benefits for both physical and mental health, including:



Improved cardiovascular health

Regular walking can help strengthen your heart, lower blood pressure and improve circulation. It's an excellent way to boost cardiovascular fitness and reduce the risk of heart disease and stroke.



Increased energy levels

Engaging in regular walking can combat feelings of fatigue and boost energy levels. Consider taking a brisk walk to energize both your body and your mind.



Enhanced mood and mental health

Walking stimulates the release of endorphins, including dopamine, noradrenaline and serotonin, which promotes feelings of happiness and well-being. Taking a walk outdoors can help reduce stress, alleviate anxiety and improve overall mood.



Improved sleep

Physical activity helps to expend energy, which may help you feel more physically tired at bedtime. It also helps to reduce stress, which can make it easier to fall asleep and enjoy better sleep quality.



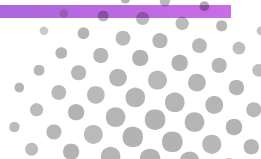
Improved recovery

Being physically active can help distract from cravings or make them less powerful.



Replaces triggers

Participating in a new physical activity routine can provide something to do, build a social network and may be a support to avoid people, places or things that trigger drug thoughts.



The Challenge

1. **Designate** a challenge coordinator. The coordinator will distribute and collect logs from participants. The coordinator will also send out the four challenge newsletters (either one each day on the first four days of the challenge or as the coordinator sees fit) that are included in this challenge.
2. **Introduce** the challenge. An announcement poster is included with this challenge. Post the announcement poster in several locations around the facility.
3. **Inform participants** on the benefits of walking found on the front of this page. This may help participants understand the importance of the challenge and help encourage them to participate.
4. **Recruit** participants for the challenge by posting a sign-up sheet next to one of the announcement posters. Information about the challenge along with the benefits of walking can also be announced during meetings and events.
5. **Explain** how the challenge will progress and be scored. Individuals will get 1 point for each 15 minutes spent walking (3 points max each day), and 1 point for each “Quick Quest” completed (3 points max each day). Points will be added at the end of the challenge, and the individual with the most points wins!
6. **Distribute** the challenge log and quick tips to participants
7. **Send** challenge newsletters to participants at the beginning of each day.
8. **Remind** participants of the challenge end date in advance.
9. **Collect** log sheets on the designated collection date.
10. **Notify** the winners of the challenge within a couple days of collection. Hand out prizes if applicable. (Be creative-prizes do not have to be expensive, or even cost money. See the list of suggested prizes provided.) Placing an announcement on a bulletin board or congratulating winners during a gathering are great ways to recognize the participants.
11. **Track participation.** Make note of how many people signed up and how many of them completed the week long challenge.
12. **Discuss** changes that could be made in the facility that could encourage more physical activity, like setting aside time for walking breaks or providing space for physical activity.
13. If desired, set aside a few hours to do the optional **Wild and Wacky Walking Challenge Field Day event**. Choose a few of the challenges listed or create your own!

*OPTIONAL EDUCATIONAL REINFORCER- PEDOMETER



*OPTIONAL PRIZE IDEAS PRINTED CERTIFICATES- “MOST STEPS”, “MOST CONSISTENCE”, “MOST ENGAGING”, ETC.

STRESS BALLS

STICKERS OR PINS

SILLY SOCKS





Strong Strides Walking Challenge

Quick Quest

COMPLETE THESE QUICK QUESTS TO HELP YOU ADD MORE STEPS IN YOUR DAY AND MORE POINTS. EACH QUICK QUEST THAT YOU COMPLETE IS WORTH 1 POINT.

**SET 2-3 WALKING GOALS-
WRITE THEM DOWN.**

**WALK WITH WEIGHTS-GRAB
2 OR 3 LB. DUMBBELLS AND
DO SOME BICEP CURLS
WHILE WALKING**

**AFTER A WALK, WRITE
DOWN HOW YOU FEEL**

**CONNECT WITH OTHERS-
BRAINSTORM WAYS TO ADD
MORE STEPS IN YOUR DAY WITH
OTHER PEOPLE IN YOU FACILITY**

**WRITE DOWN AT LEAST
2 TIMES DURING THE
DAY YOU COULD
SCHEDULE A WALK**

**INVITE A MEMBER DOING
THIS CHALLENGE TO
GO WALKING**

**PARTICIPATE IN AN ACTIVE
GAME THAT INVOLVES
MOVEMENT (I.E., BASKETBALL,
4 SQUARE, TWISTER)**

**VOLUNTEER TO DO AN
ACTIVE CHORE FOR
ANOTHER PERSON**

**WRITE DOWN SONGS FOR A
MOTIVATIONAL WALKING
MUSIC PLAYLIST-USE AT
LEAST 8 SONGS**

**CREATE A LOG OF THE NUMBER OF STEPS TO LOCATIONS
AROUND THE FACILITY (I.E., STEPS FROM YOUR ROOM TO
THE DINING HALL, STEPS AROUND THE WALKING PATH
OUTSIDE)**

**INVITE A FRIEND TO
GO WALKING**

**TRY A NEW ROUTE-WALK IN A
DIFFERENT DIRECTION OR EXPLORE A
NEW AREA OF THE FACILITY**

**TAKE A BRIEF 2-3
MINUTE WALK IN
BETWEEN CLASSES,
WITHER IN THE
HALLWAY OR
OUTSIDE**

**TAKE 5 MINUTES TO CALM YOUR
MIND AND TAKE INVENTORY OF
HOW YOU FEEL PHYSICALLY**

**STRETCH/WALK IN PLACE IN YOUR
ROOM WHEN YOU WAKE UP**

**EXPRESS KINDNESS-
WITHOUT THEM
KNOWING, DO
SOMETHING FOR
ANOTHER PERSON THAT
INVOLVES ACTIVITY**





One Week







WALKING CHALLENGE TRACKER







Start Date _____






End Date _____






Fill in one shoe each day for every 15 minutes walked or for each Quick Quest completed (up to 3 of each).


| DAY 1 | |
|---|---|
| WALK 15 MINUTES | QUICK QUEST |
|  |  |
|  |  |
|  |  |







| DAY 2 | |
|--|---|
| WALK 15 MINUTES | QUICK QUEST |
|  |  |
|  |  |
|  |  |

| DAY 3 | |
|---|---|
| WALK 15 MINUTES | QUICK QUEST |
|  |  |
|  |  |
|  |  |

| DAY 4 | |
|---|---|
| WALK 15 MINUTES | QUICK QUEST |
|  |  |
|  |  |
|  |  |

| DAY 5 | |
|---|---|
| WALK 15 MINUTES | QUICK QUEST |
|  |  |
|  |  |
|  |  |

| DAY 6 | |
|---|---|
| WALK 15 MINUTES | QUICK QUEST |
|  |  |
|  |  |
|  |  |

| DAY 7 | |
|--|---|
| WALK 15 MINUTES | QUICK QUEST |
|  |  |
|  |  |
|  |  |

- **Walk by effort**, don't worry about how fast you're going. Focus on using effort as your guide.
- **Set a schedule.** Pick a time of day to walk and stick with it.
- **Walk with a friend** or companion to walk with to help motivate you and make your walks more fun!
- **Stay hydrated** by bringing a water bottle with you on your walk.



Strong Strides Walking Challenge Newsletter #1

Walking Tips:



- Dress comfortably-wear appropriate clothing and footwear for walking to ensure comfort and prevent injury
- Schedule walking breaks-set reminders to take short walking breaks throughout the day
- Explore new routes-discover new walking paths in your neighborhood or nearby parks; changing up your route can keep your walks interesting and prevent boredom

Benefits of Walking:

Walking can help boost your energy levels. Physical activity triggers the release of endorphins, which can help reduce feelings of fatigue and increase feelings of well-being. Walking can also help you take a mental break and increase alertness, leading to increased energy levels and productivity.



Oatmeal Energy Bites

Make 6 servings (3 balls each)

Ingredients:

| | |
|---------------------------------|----------------------------------|
| 1 1/2 cups of quick rolled oats | 1/4 teaspoon of salt |
| 1/2 cup of peanut butter | 1/4 cup of dried cranberries |
| 1/3 cup of honey | 1/4 cup of white chocolate chips |
| 1 teaspoon of vanilla extract | 2 tablespoons of ground flaxseed |

Directions:

1. Place all ingredients in a large mixing bowl. Stir to combine. If too wet, add more oats. If too dry, add more peanut butter. Dough will be sticky and hold together when lightly squeezed.
2. Place bowl in refrigerator for 30 minutes to set.
3. Remove bowl from refrigerator and roll dough into 18 1-inch balls.





Strong Strides Walking Challenge Newsletter #2

Walking Tips:

- Set achievable goals-start out with small, manageable walking goals and gradually increase distance and intensity over time
- Practice mindfulness-pay attention to your surroundings and focus on the present moment while walking
- Focus on the benefits- remind yourself of the numerous physical and mental health benefits of walking to help keep you motivated



Benefits of Walking:



Walking has many mental health benefits. Physical activity triggers the release of endorphins which can promote feelings of happiness and reduce feelings of pain. Regular exercise can help reduce symptoms of depression, anxiety and stress by enhancing mood and promoting relaxation.

Orange Creamsicle Smoothie *Makes 1 serving*

Ingredients:

- 3/4 cup of non-fat Greek yogurt
- 1/2 cup orange juice
- 1 orange, peeled and sliced
- 1 frozen, sliced banana
- 2 teaspoons vanilla extract



Directions:

1. Place all ingredients in a blender. Blend on high until creamy and smooth-about 3 minutes.
2. Enjoy!

Strong Strides

Walking Challenge Newsletter #3



Walking Tips:

- Incorporate walking into daily tasks-look for opportunities to walk doing chores, running errands or talking on the phone
- Set a timer-remind yourself to get up and walk for a little throughout the day
- Listen to music or podcasts-create a playlist or tune into a favorite podcast while walking to make walking even more enjoyable

Benefits of Walking:

Walking offers several physical benefits. Regular walking can improve heart health by strengthening the heart, lowering blood pressure and reducing the risk of heart disease and stroke. Weight bearing activities like walking can help strengthen bones and reduce the risk of osteoporosis. Walking regularly even boosts the immune system and can help the body fight off infections more effectively!



Fruit and Yogurt Parfait *Make 4 Servings*

Ingredients:

3 cups non-fat plain vanilla yogurt
2 cups fresh or frozen fruit
1 cup granola

Directions:

1. Layer 1/2 cup granola, 3/4 cup yogurt, and 1/2 cup fruit in a bowl or cup.
2. Enjoy!



Tip: Look for granola that is lower in fat and sugar, and contains at least 3g of fiber per serving.



Strong Strides

Walking Challenge Newsletter #4

Walking Tips:

- Find walking buddies- walk with friends, neighbors, family members or even a walking group. Having a walking buddy will make it more enjoyable and holds you accountable
- Use walking as a stress reliever- take advantage of walking's calming effects by using it to decompress and clear your mind
- Be flexible- don't be too hard on yourself if you miss a walk or don't meet your goals-just get back on track and keep moving forward



Benefits of Walking:

Walking can play a significant role in recovery. Walking can be a healthy coping mechanism to help combat stress, depression and anxiety during recovery to help reduce the risk of relapse. Regular walking can counteract some of the negative effects of substance use on the body, such as a weakened cardiovascular and immune system. Walking can be a social activity which allows for bonding, sharing experiences and developing positive relationships with people that can help with the challenges of recovery.



Damage Repair Jicama and Black Bean Dip

Makes 10 (1/2 cup) servings

Ingredients:

- | | |
|--|--------------------------------------|
| 1 medium jicama, peeled and chopped | 1/4 medium onion, diced |
| 1 (15 oz can black beans, drained and rinsed | 2 medium tomatoes, diced |
| 1 cup corn, frozen or canned | 1/4 cup fresh cilantro, chopped |
| 1/2 medium green pepper, seeded and chopped | 1/3 cup light Italian salad dressing |
| 1/2 medium red pepper, seeded and chopped | salt and pepper to taste |



Directions:

1. In a large bowl, combine jicama, beans, corn, peppers, onion, tomatoes, cilantro and salad dressing.
2. Stir to coat all vegetables with dressing. Add salt and pepper to taste.
3. Cover and refrigerate at least 2 hours before serving so flavors can blend.
4. Enjoy with tortilla chips or over lettuce for a fresh new salad!



University of Nevada, Reno

Extension

College of Agriculture,
Biotechnology & Natural Resources

Certificate of Participation

This certificate awarded to:



For the successful completion of the
Strong Strides Walking Challenge!



Signature

Date





Wild and Wacky

Walking Challenge Field-day Event

*Optional Event: Choose a few of the following games for a fun field day. Set up an open, outdoor space and have teams compete for the title of Wildest, Wackiest Walkers!

4-legged race

Materials needed:

- Two material strips for each group of three people

Set up

- On the field, draw a starting line and a finish line

How to play:

This is similar to the three-legged race, but with an added twist. Each group consists of three people. Have each participant group line up shoulder to shoulder. Using a strip of material, tie each of the center participants legs to one of each of the outside participants legs (see photo). Once all participants legs are secure, have all of the groups line up on the starting line. When the starting horn is blown, groups will walk to the finish line. The group that arrives first is the winner.



Walk the Wheel

Materials needed:

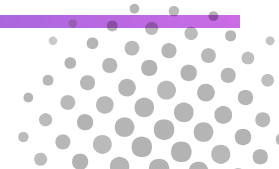
- Run mat for each group of 3- this can be purchased online or can be made by cutting a 2' x 25' strip from a tarp or other material. Tape/Sew/Glue the two ends together to make a "wheel."

Set-up:

- On the field, draw a starting line and a finish line.

How to play:

Have each group of 3 line up back to front inside the run mat (see photo). Team members stand on the inside of the unfolded mat and hold the other side of the mat above their heads; team members walk forward together and collaborate before moving forward. Have all teams line up on the starting line. When the starting horn is blown, groups will work together to walk the wheel forward to the finish line. The group that gets to the finish first wins.



Balloon Train

Materials needed:

- Balloons (one+ for each participant)

Set up

- On the field, draw a starting line and a finish line

How to play:

Form groups of 3-6. Have each team member blow up a balloon. They will stand in a straight line and put the balloon between their chest and the back of the person in front of them (see photo). Have each team line up on the starting line. Without using their hands, they must move the whole line to the finish line without dropping any balloons. The first team to the finish wins.



Lily Pads

Materials needed:

- “Lily pads” –(Paper plates or cardboard squares- one more than the number of people for each team)

Set-up:

- On the field, draw a starting line and a finish line.

How to play:

Form groups of 3-6. Teams must work together to cross the “river” (field) by stepping only on the “lily pads” (paper plates). Line up the “lily pads” in a straight row behind the starting line. Have each team member stand on a pad, with the empty pad behind the last person. When the starting horn blows, the last person in line will pick up the empty “lily pad” and pass it forward, up to the front person. The front person will lay it on the ground in front of them and everyone steps forward to the next “lily pad”. Continue this until the first team gets all of their teammates past the finish line.



Egg Relay

Materials needed:

- 1 spoon for each participant and several eggs, cone (or similar)

Set-up:

- On the field, draw starting line and relay turn around line, about 20 yards away, depending on space available

How to play:

Form teams of 3-6. Each team must carry their egg on their spoon from the starting line to a turnaround point and back again. Then, the egg is passed off to a teammate who takes their turn. If the egg is dropped, the player must stop and retrieve it. The first team to complete the relay wins.

