

# IRONHOUNDS CHALLENGE

## Basic Information:

- Participants will track their own physical activity through a self-report tracking sheet
- Participants have from 1/25/16 – 5/2/16 to complete 140.6 miles (distance of an Ironman race).
- Every mile of walking, swimming, biking, riding an elliptical, etc counts towards the total for the challenge.
- Special incentive programs may be offered throughout the year for “bonus mileage”

## Tracking information:

- Participants are expected to continuously track their mileage on a tracking sheet.
- Any amount of physical activity counts towards total mileage (ie. Walking, running, pickup basketball, ultimate Frisbee, etc). Participants should use their best judgment to calculate approximate mileage when necessary.
- Generally, 2000 steps of physical activity is 1 mile. Using a pedometer or attached references will assist participants in calculating totals.
- Resources:
  - [http://www.y4h.osu.edu/sites/default/files/forms/articles/Step Conversion Chart - FINAL.pdf](http://www.y4h.osu.edu/sites/default/files/forms/articles/Step%20Conversion%20Chart%20-%20FINAL.pdf)
  - <http://www.cdc.gov/physicalactivity/everyone/measuring/index.html>
  - <http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html#Aerobic>
  - Smartphone apps: MapMyRun, Pedometer++, C2k, Charity Miles, Argus

15min of any vigorous physical activity (ie. Running, basketball)	2200 footsteps or 1 mile
15min of any medium physical activity (ie. Brisk walk, volleyball)	1600 footsteps or 2/3 mile
15min of any easy physical activity (ie. Casual walk, golf)	1200 footsteps or ½ mile

## Prizes:

- Participants will receive an official IronHounds T-shirt after successful completion of the program (Limited to first 50 people that register). Email [jvalis@loyola.edu](mailto:jvalis@loyola.edu) to set up a time to pick up your t-shirt.



Student Support & Wellness Promotion

