

Step Up to the Challenge

Susquehanna University has challenged Juniata College faculty and staff to a fun fitness challenge for the month of April. Bragging rights are at stake!

Starting April 1, participants will step up to the challenge and will log their steps each week and report them to Andrea Smith in Human Resources each Friday during the month of April.

After the weekly steps have been tallied by HR, the number of Juniata participants and steps will be shared with Susquehanna University each Monday (starting 4/11). Since the number of participants at each school will vary, we will divide the total steps by the number of participants to get an average each week.

Submit your weekly steps via email to smitha@juniata.edu no later than 5 p.m. each Friday beginning on Friday, April 8. Put the word “challenge” in the subject line and list your name and total steps for the week.

The American Heart Association suggests a goal of 10,000 steps per day! There are several ways you can track your steps:

- Fitbit

- Pedometer

- Count your steps

- Estimate based on distance – 10,000 steps is estimated to be almost 5 miles

- Phone Apps

 - [map my walk](#)

 - [steptz pedometer & step counter](#)

 - [pacer pedometer](#)

You can also count the steps in the activities you do other than walking.

[HERE](#) is a step conversion chart

[HERE](#) is a list of activities and how many steps you can count for each.

The school with the most average steps will have the **bragging rights** of winning the challenge. Let's see how many people **Step Up to the Challenge!**