

Walk Texas ACTIVE AUSTIN
10-Week Challenge Team Information

Name of Team: _____

Meeting Time: _____

Team Leader: _____

Research shows that being active at **least 30 minutes a day, most days of the week** can prevent, delay, and/or help manage many types of chronic disease (diabetes, heart disease, and more).

- **Be active enough:** your breath and heart rate will increase, and your body will sweat. Choose how to be active: walk, bike, sweep, rake, swim, climb, garden, dance, and more.
- **30 minutes a day:** do it all at once, or break it down to 15- or 10-minute work outs or walks, more times in the day.



Questions? Contact us:

Austin Public Health – Chronic Disease & Injury Prevention

WALK TX AND MORE

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Take the 10-Week Challenge!
or
Start your own walking group!



AUSTIN PUBLIC HEALTH

CHRONIC DISEASE AND INJURY PREVENTION PROGRAM

What is WALK TX AND MORE?

WALK TX AND MORE is a free and fun health program for people who live, work, play, or pray in Austin or Travis County.

We work with the public to help people become and stay more active. We know that if we include more active living in our lives, it improves our health, quality of life, and prevents or reduces chronic diseases. Read more on back page.

We offer WALK TX AND MORE to give folks an easy way to start your own walking group or form your own 10-Week Challenge team. Walking groups and Challenge teams set your own meeting times, activities, & more.

Start a Walking Group

Walking groups are easy to do! If you want to start a walking group, let us know, and we can help you get started. We need your name, phone number and your ZIP code.

We have gifts for you to give to those who join your team.

- You can have an “opened group” – we help people who want to join a walking group connect with you.
- You can have a “closed group” – you pick the members; we don’t give out your phone number.
- No reports needed or forms to sign.

Start a 10-Week Challenge Team

Challenge teams are active as a team or with buddies for 10 weeks. Any exercise counts. Being on a team and reporting progress to a Team Leader can raise motivation even more!

Team Leaders

You can form your own teams. We provide you with the tools and gifts (like water bottles or t-shirts, if funds permit) for you to give to your team members as you collect their completed registration and award forms. Team members may also earn medals, based on points earned. All team members:

- Fill out register forms completely before you start.
- Track your activity points daily (use Activity Chart).
- Tell Team Leader your total points each week.
- Fill out award form after the 10-Week Challenge.

ACTIVITY CHART

POINTS are for EVERY 30 MINUTES per Activity.

ACTIVITY	POINTS	ACTIVITY	POINTS
Other	6	Pilates	4
Aerobic Dance	6	Ping Pong	4
Backpacking	7	Push Mow Lawn	6
Badminton	5	Racquet ball	11
Baseball / Softball	5	Raking Leaves	4
Basketball	8	Roller Blading	5
Bicycling	8	Rope Skipping	10
Bowling	3	Rowing	7
Boxing	10	Shovel dirt	10
Canoeing	4	Skate-boarding	5
Dancing	6	Ski Machine	10
Disc Golf	4	Soccer	7
Football (touch)	8	Stair Stepping	6
Frisbee	3	Stationary Bike	5
Gardening	5	Step Aerobics	7
Golf (walking course)	5	Stretching	4
Gymnastics	7	Swimming Laps	8
Handball	12	Tennis	7
Hand Wash Car	5	Volleyball	3
House Cleaning	4	Walking (Brisk)	4
Ice/Roller Skating	7	Weight Lifting	6
Jogging/Running	7	Wheelchair Basketball	10
Jumping Jacks	6	Wrestling	9
Kickball	5	Yoga	8
Martial Arts	10	Zumba	6

Celebrate your success!
Stay active and enjoy your health!