



Healthy Habits

Presents:

Great Lakes Cardio Challenge

The Healthy Habit's **Great Lakes Cardio Challenge** is designed to encourage you to stay active this fall! The challenge: Exercise the length, width or shoreline of one or more of the Great Lakes in 10 weeks! How it works:

1. Complete this registration form. Choose a goal (in miles) and activity option(s): Swimming, Running, Walking, Pedometer or Biking. You may register as an individual or as a two-person team.
2. Send your registration form to Healthy Habits via ICM and receive a specially-designed program t-shirt.
3. Track your activity distances from 9/21 to 12/6 using the TRACKER that we will mail to you.
4. After 12/6, send your completed tracker to *Healthy Habits*. All individuals who reach their goal will be eligible for a drawing for a **weekend stay at a Bed and Breakfast on Lake Michigan!**

Registration

Your Name: _____
(please designate if "spouse" of an employee)

Email: _____ Ext: _____ Calvin ID: _____

___ I need some accountability. Please register me as a 2-person team. The other member of my team is:

_____ Calvin ID: _____

1. Choose a goal (Or combine two or more):

- ___ 50 Miles: Lake Ontario (width)
- ___ 50 Miles: Lake Erie (width)
- ___ 120 Miles: Lake Michigan (width)
- ___ 160 Miles: Lake Superior (width)
- ___ 180 Miles: Lake Huron (width)
- ___ 190 Miles: Lake Ontario (length)
- ___ 200 Miles: Lake Erie (length)
- ___ 200 Miles: Lake Huron (length)
- ___ 300 Miles: Lake Michigan (length)
- ___ 350 Miles: Lake Superior (length)
- ___ 870 Miles: Lake Erie (shoreline)
- ___ 1600 Miles: Lake Michigan (shoreline)

2. Choose ALL activities that you plan to apply toward your goal:

- ___ Swimming
- ___ Walking
- ___ Running
- ___ Biking
- ___ Pedometer: A mile conversion chart will be provided with the "Tracker." Pedometers are available for \$10 through Healthy Habits.
- ___ Enclosed is my check for \$10. Please send me a pedometer with my Tracker



Healthy Habits

Great Lakes Cardio Challenge Frequently Asked Questions

- Q. How do I know how many miles to estimate for my goal?
A. Use the chart below to help determine what is realistic for you. Remember, you can count the miles from more than one activity...and you can set your goal as an individual or as a team!
- Q. How do “Combined goals” work?
A. As an example, you may set your individual goal to “bike the length AND the width of Lake Michigan”, for a combined goal of 420 miles (120 + 300). Another example: Set a combined 2-person team goal to bike the width of EVERY Great Lake (50 + 50 + 120 + 160 + 180 = 560 miles).
- Q. How do I “combine activities”?
A. Example: If you bike and run regularly, miles accumulated for both activities can count towards your goal.
- Q. How do I track miles with a pedometer?
A. The conversion for pedometer miles is 2000 steps = 1 mile. If you decide that you also want to bike or swim, take your pedometer off when biking/swimming and count these miles separately.
- Q. Where can I get a pedometer?
A. If you do not have a pedometer, you may purchase a quality pedometer from Healthy Habits at the discounted rate of \$10. Drop a check (made out to “Calvin College”) in ICM to Healthy Habits or stop by the HPERDS office in the Spoelhof Fieldhouse Complex.
- Q. What if I am a swimmer and I don’t think that I can reach the minimum of 50 miles in 10 weeks?
A. We would suggest teaming up with another swimmer or combining swimming with another activity, such as using a pedometer for the rest of the day when you are not swimming.

Examples of how miles can add up		Miles		
		Daily	Weekly	10 Weeks
Pedometer	5,000 steps/day (2000 steps = 1 mile)	2.5	17.5	175.0
	10,000 steps/day	5.0	35.0	350.0
Walk/Run	Walk 3.5 mph, 30 minutes, 5x/wk	1.8	8.8	87.5
	Jog 10 min miles, 30 minutes, 5x/wk	3.0	15.0	150.0
	Run 7 min miles, 30 minutes, 5x/wk	4.3	21.4	214.3
Bike	Bike 12 mph, 30 minutes, 5x/wk	6	30.0	300.0
	Bike 15 mph, 60 minutes, 5x/wk	15	75.0	750.0
Swim	1000 yards (40 laps in pool), 5x/wk	0.6	2.8	28.4
	1760 yards (70 laps in pool), 3x/wk	1.0	3.0	30.0