Step into Fitness

A CAMPUS RECREATIONAL SPORTS PROGRAM FOR IU FACULTY & STAFF

WHAT IS IT?
Step into Fitness is a FREE self-guided ten-week walking program offered by Campus Recreational Sports for all IU Faculty/Staff. The program begins May 30. Join anytime!

WHO IS ELIGIBLE?
All IUB faculty and staff.

HOW DO I GET STARTED?
Attend our kickoff event May 25 from 11:30 AM to 1:30 PM at the Wildermuth Intramural Center, bring your university ID to IU Campus Recreational Sports Member Services at the SRSC or in the Wildermuth, or visit us during one of our campus tablings to enroll.

PARTICIPANTS RECEIVE:
• a free pedometer
• weekly nutrition and physical activity tips
• a step/nutrition tracker
• incentive to get moving!

WHY IS THIS IMPORTANT?
• Your opportunity to start a healthy, active habit of walking
• It’s both fun and healthy
• You provide information at www.recsports.indiana.edu.

Get more information at www.recsports.indiana.edu.

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**STEP TRACKER**

Write down the number of steps you take each day and see if you can find ways to boost your daily totals. Remember, no matter how many steps you take, adding additional steps may be good for your health. The important thing is to just keep moving!

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**STEP CONVERSION**

One mile = 2,000 - 2,500 steps

**DAILY GOALS**

6,000 Steps = Good
8,000 Steps = Better
10,000 Steps = Excellent

**CONGRATULATIONS!**
Submit this form at SRSC Member Services!

Total Steps: ___