



How to Log Miles at HealthiestState.org

To log your miles at HealthiestState.org:

- Log-in as a Champion
- From your home page, scroll over “My Trackers” and click on the “Log My Miles” on the right-hand navigation bar.
- Then, go to the “Add Completed Miles” box.
- Pick a date, and number of miles (you may enter up to 50 miles at a time).
- Click “Add Activity” and your miles will appear below, and will show on your total miles on your home page.

Tips for pedometer use:

- **Reset your pedometer every morning to keep track of your steps.**
- **2,000 steps = 1 mile**
- **10 minutes of vigorous activity = 1 mile**

Vigorous activity includes the following and more:

Jogging, walking, backpacking, wheeling wheelchair 5 mph or faster

Bicycling more than 10 mph

Swimming steady paced laps

Circuit weight training

Even pushing a non-motorized lawn mower!

- **15 minutes of moderate activity = 1 mile**

Moderate activity includes the following and more:

Walking to work, the store or walking the dog

Bicycling 5 to 9 mph, level terrain or few hills

Yoga

Recreational swimming

Gardening and yard work

For more information on moderate or vigorous physical activity, please visit the following webpage provided by the Centers for Disease Control (CDC):

http://www.cdc.gov/nccdphp/dnpa/physical/pdf/PA_Intensity_table_2_1.pdf



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