

Virginia Cooperative Extension

A partnership of Virginia Tech and Virginia State University www.ext.vt.edu



Can you and your coworkers walk 480 miles?

FIT Extension is an 8-week walking program from March 21 to May 15, 2009 encouraging coworkers, friends, neighbors, family members, and schoolmates to come together as a team. The ultimate goal is improved health and fitness. Team of six members, led by a Captain, will collectively walk 480 miles, the distance across Virginia. This distance equates to approximately 30 minutes of moderate intensity physical activity on at least 5 days each week by each member of the team.

This is an exceptional opportunity to promote health and fitness to employees and coworkers and at the same time build unity and teamwork within the work place. Studies have shown that regular moderate intensity physical activity can reduce the risk of a number of chronic diseases, help improve blood cholesterol, aid in reducing blood pressure, increase energy, elevate mood, and promote a healthy cardiovascular system. The healthier people are the less visits to a physician.

Other forms of physical activity may be substituted or combined with the walking program. This allows teams to personalize the program to meet individual team member needs and meet the goal of accumulating 480 miles over the 8-week program period. Running, cycling, swimming and many other activities are acceptable, with 15 minutes of any moderate intensity physical activity counting as 1 mile walked.

If you want to have fun and improve your health at the same time, then ***Fit Extension*** is for you! Teams not only set goals for physical activity but they can also work toward improving eating habits by setting goals for eating fruits and vegetables each day.

This program is effective because anyone can do it. You can do it anytime of the day and you do not have to go to a specific location. A celebration can be held at the end of the program to recognize participation and program completion.

***For more information visit the website at www.fitextension.ext.vt.edu
or contact Sarah D. Burkett or Mary Rupe, VCE – Pulaski County Office
Phone 540-980-7761***

E-mail: sburkett@vt.edu or amary@vt.edu

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