



Shape Up Across Colorado



400 squares equal 400 miles

The width of Colorado

10,000 steps/day =

approx. 80 days to cross Colorado

Surgeon General's Report on Physical Activity & Health

GOAL: Accumulate 30 minutes a day of moderate activity to improve health and reduce risk of disease and conditions associated with a sedentary lifestyle.

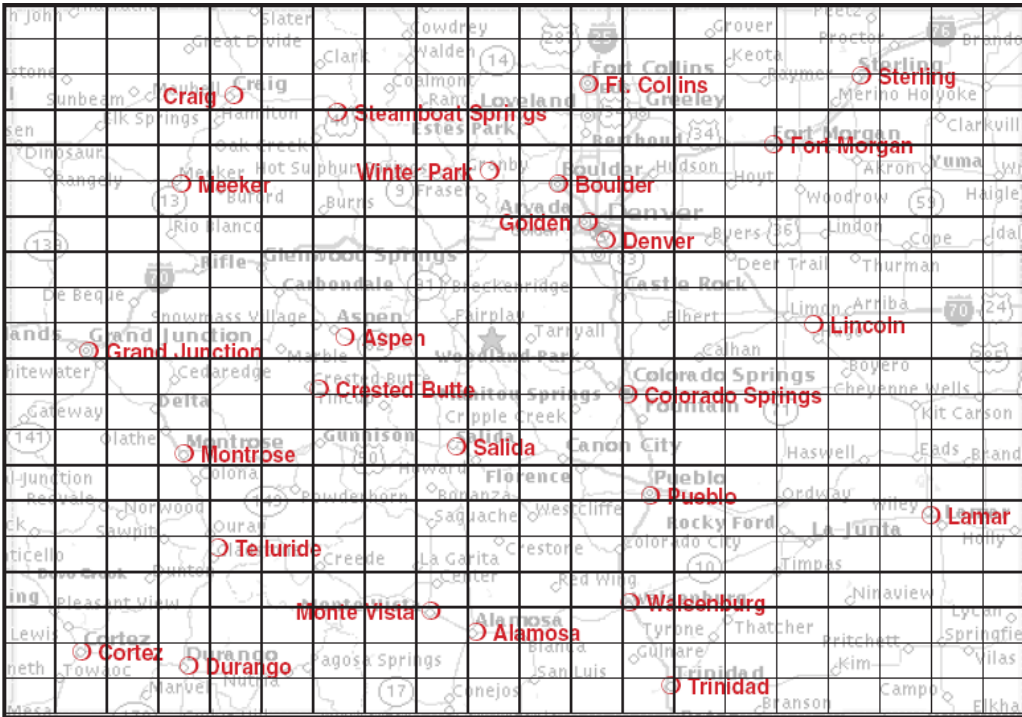
Pedometer Program

Goal: Build up to 10,000 steps/day

Lifestyle Steps (steps accumulated during your normal daily routine)

Activity Steps (steps above and beyond your normal daily routine)

Lifestyle = Activity = 10,000 steps/day
 10,000 steps = 5 squares/day, or challenge yourself with more steps!



Name _____ M F Birthday / /
 School/Company _____ Began _____ Completed _____ Days _____



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Sample Activity/Intensity Card – Consult a physician before performing any new physical activity.



Colorado Department of Public Health and Environment

What = A Square? 1 SQUARE = 1 MILE = APPROXIMATELY 75 CALORIES BURNED OR 2,000 STEPS

- 30 minutes of light activity (put a ✓ in the square)
- 15 minutes of moderate physical activity (put a ✗ in the square)
- 10 minutes of vigorous physical activity (put a ■ in the square)



Lifestyle/Light Intensity Physical Activity: 30 minutes = 1 square

Gardening/yard work	Housework	Recess	Stretching	Childcare
Recreational sports & games	Tai Chi	Walking	Yoga	Shopping

Moderate Intensity Physical Activity: 15 minutes = 1 square

Aerobics Class	Bicycling	Dance	Football	Golf w/out cart	Hiking	Ice Skating	Skating
Jogging	Martial arts	Skiing-Downhill	Snowboarding	Swimming	Tennis	Walking Brisk	Weights

Vigorous Intensity Physical Activity: 10 minutes = 1 square

Mountain Climbing	Backpacking	Circuit weight training	Ice/field hockey	Jumping Rope	Soccer
Racquet Sports	Running/race walking	Cross country skiing	Snowshoeing	Boxing	

"Shape Up Across Colorado can be used by individuals of any age or ability to get into better physical condition."

John Elway

Colorado Governor's Council for Physical Fitness

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