



FAQs: *Walk to Win* (Team Competition)

Why walk?

Walking has been proven to be beneficial for things like your brain, your bones, and overall cardiorespiratory fitness. Healthier U provides another incentive to walk with co-workers as a team and easily fit it anywhere in your busy schedule. Walk together for team prizes! Achieve highest walking mileage per person and your team will win a healthy reward for you and your coworkers. It is also an easy way to take a break from your job, enjoy the sunshine and fresh air and maybe even a conversation with friends conveniently located near your work space.

Why do I need to register?

It is a one-time only registration and is designed to track participation and mileage of team members. Each walker may either choose a team or request placement in a team in your work location. Please indicate if you will serve as team leader on registration form.

What does the team leader need to do?

You are responsible to enter all team mileage in Healthier U log in form. All calculations will be performed by Healthier U.

Any requirements for walking?

You must walk with a minimum of 2 total people, you and 1 other person from your team. There is NO maximum number of walkers per team. *Only team leader(s) should report mileage for each walk*. You can walk any place, any day, any time as long as you have at least one team member walking with you.

How much time and how far is the walk?

That is totally up to you and your walking partners. Everyone has a different amount of time, endurance and pace. The goal is to find a group that fits your needs and you enjoy walking with! It is also a good idea to walk at a pace that is ideal for you physically.

Can I walk any day?

Yes, as long as you walk with 1 other person from your team, and then report to your team leader who will record mileage through the website.

How do I calculate my mileage?

The simplest way is to use a pedometer or go to: www.runningmap.com or www.mapmywalk.com to estimate mileage. If you walk the same route each day, you will only need to calculate this once.

Are there walking maps?

Yes, for your convenience you can find maps on the Healthier U Web site for indoor and outdoor locations across the Stony Brook Campuses.

How does this differ from Walk on Wednesday?

Walking must be done in a team of 2 or more, not limited to Wednesdays and the goal is to achieve the highest number of miles for your designated team per person. We are encouraging team spirit and camaraderie. Feel free to be creative when choosing a team name, organize larger group walks, etc. Whatever you want to do to WIN!