



STEPS TO HEALTH PEDOMETER ACTIVITY PROGRAM



Welcome to a virtual walk of the Oregon Trail! 2,150 miles may seem like a long way, and you can do it! The intention of the pedometer program is to increase awareness about your daily physical activity and take strides to add more. More walking can enhance your health and quality of life. You will win prizes along the way, learn about forts, and hear from emigrants who really made this journey. Getting started is easy; fill out the [enrollment form](#) and scan it, drop it off, or inner-office courier it to Suzy Falk in DES (Red Soils, PSB, Suite 310).

PERSONAL GOALS: 10,000 steps-a-day may not be realistic for everyone. Rather, we encourage you to walk toward your own personal goal. Perhaps you can strive for 5,000 steps a day. The average employee may already be taking 4,000 steps during a typical workday. With just an additional 30 minutes of daily activity, you may reach or even surpass this goal.

ALL PHYSICAL ACTIVITIES COUNT: Whether you're walking, hiking, jogging, cleaning house, stair climbing or shopping in the mall, you'll be getting "credit" for all physical movements you do. Your pedometer will automatically count your steps. For activities that can not register on your pedometer, please credit yourself the steps you deserve by using the following conversions as examples:

- **Swimming/Water Aerobic Workouts:** 30 mins. = 3,480 steps
- **Biking - Indoor or Outside:** 30 mins. = 3,480 steps
- **Light Gardening:** 30 mins. = 3,480 steps
- **Yoga:** 30 mins. = 2,160 steps
- For other conversions see the [Kaiser Health Partners Step Conversions](#)



EARNING PRIZES: To receive prizes: 1) wear your pedometer; 2) record your daily steps or miles on your [Pedometer Log](#), which will automatically total them for you; and 3) e-mail a copy of your log to Suzy Falk at SFalk@clackamas.us as you reach forts along the way. Suzy will then send you [prizes!](#)

KEEPING TRACK OF YOUR STEPS: All you need to do is put the pedometer on in the morning and read it at bedtime to determine the total amount of movement you had for the day. Then, record your steps in your [Pedometer Log](#), and you're on your way to better health. Day-by-day, week-by-week, you can make little changes in your life to increase your activity level and speed up your progress.

A WORD ABOUT THE PEDOMETERS: The pedometer you are given at the start of the trail has been known to occasionally break or malfunction. If you are having problems with your pedometer, contact Suzy to receive a new one.

THE FORTS: There are a total of 9 forts or stops along the way to Oregon City. See below for the distance between the forts as well as the total distance to each fort. You will also notice that your [Pedometer Log](#) has this table at the bottom for easy reference.

Destination:	Distance:	Total Distance / Steps:	Total Distance / Miles:
Independence to Rock Creek Station	420,000 Steps	420,000 Steps	210 Miles
Rock Creek Station to Ft. Keamy	380,000 Steps	800,000 Steps	400 Miles
Ft. Keamy to Ft. John	550,000 Steps	1,350,000 Steps	675 Miles
Ft. John to Ft. Laramie	350,000 Steps	1,700,000 Steps	850 Miles
Ft. Laramie to Ft. Bridger	700,000 Steps	2,400,000 Steps	1,200 Miles
Ft. Bridger to Ft. Hall	200,000 Steps	2,600,000 Steps	1,300 Miles
Ft. Hall to Ft. Boise	500,000 Steps	3,100,000 Steps	1,550 Miles
Ft. Boise to Ft. Dalles	900,000 Steps	4,000,000 Steps	2,000 Miles
Ft. Dalles to Oregon City	300,000 Steps	4,300,000 Steps	2,150 Miles

GIVE US YOUR FEEDBACK: Wellness would love to hear your success story. You are encouraged to email any comments, questions, and/or success stories to tamradic@co.clackamas.or.us