Everybody Walk Across Pennsylvania

Workplace, Organization, and School Guide

Workplaces, organizations, and schools may utilize the Everybody Walk Across Pennsylvania program as part of their wellness plan or encourage employees, members, and students to become active or increase their activity. More than one team can be formed within a workplace, organization, or school. We’d like to provide you with tips to manage teams.

It is helpful to have a point person for your workplace, organization, or school who can answer questions and coordinate internal activities.

Organizing Teams

• Each team can have its own captain, or one person can serve as the captain for all teams. In the latter case, the captain would be the fifth person on each team, and the captain’s miles would go into each team’s weekly total.

• Workplaces, organizations, and schools may order their own T-shirts using their logo or individual team names or logos. Some create a new design for each year.

• Youth are not to register. If a workplace, organization, and/or school plans to include youth on teams, information can be forwarded to youth.

Reporting Miles

To report your team miles, start with the same name/title/abbreviation/school and then follow with your team’s name.

Examples

Workplaces and Organizations

COMPANY NAME Forced Marchers; COMPANY NAME Happy Hikers; COMPANY NAME Wyoming Walkers . . .or COMPANY NAME 1; COMPANY NAME 2; COMPANY NAME 3

Schools

PA SCHOOL Class Walkers; PA SCHOOL Classroom Runners; PA SCHOOL Teachers
How to Report Miles for a Team with Fewer Than Five Members

1. Take the total number of miles walked and divide it by the number of team members participating.
2. Multiply that average by 5.
3. This will give you a comparable number to log into the system.

Forms Needed
Forms can be found on the Everybody Walk Across Pennsylvania program information page.

Individual Mileage Log
Each team member may use the log (or create their own) to track their miles and report these to their captain.

Captain Log
The Team Captain Log is only for the team captain to track each team member’s weekly total and report the total through the link sent every week via the weekly newsletter.

Exercise Equivalent Chart
The Exercise Equivalent Chart helps participants convert other exercises into miles walked. This can also be used to convert recess and gym class into miles.

Incentives
- Providing incentives to promote friendly competition and offering additional wellness programs during the eight-week program may add fun, provide motivation, and enhance awareness and knowledge of various health topics.
- For those participants who report miles each week, place their names in a drawing and randomly select one or more per week based on incentive availability. You know your workplace best and what will create a fun and motivating atmosphere.
- We do not recommend rewarding for the most miles walked because participants are at varying fitness levels. They could be marathon runners or someone who has completed a two-mile walk for the first time. Comparing the number of miles walked between two individuals is not a good indicator of each participant’s accomplishment.
- Competition can also work against the goal if individuals or teams take it to extremes. If you choose to set up a competitive program, make sure your rules are clear, everyone knows the rules, what is to be reported as miles, and how involved the captain(s) want to be in enforcing these rules. Remember our guideline: Only miles walked outside of your normal daily activity level are to be counted toward miles. Fitness trackers can be helpful to measure your “exercise miles,” but they should not be used to report all steps taken in a day.
Questions?
Visit our FAQs or reach out to Stacy Reed (717-394-6851 or sls374@psu.edu) or Laurie Weinreb-Welch (570-433-3040 or law27@psu.edu).

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