Spring Into Motion today: Start Logging your Activity!

Any activity counts, not just walking. Use the step conversion chart linked at bottom of the Walktober website to convert your activity. Here are just a few examples of step conversions:

- Basketball game: 242 steps/minute
- Gardening: 121 steps/minute
- Weight lifting: 121 steps/minute
- Yoga: 76 steps/minute

Remember, your challenge goal is to earn 20 “springers” in 31 days. To earn a “springer” for each day, you must log at least 6,000 steps or 30 minutes of activity.

Have any questions about the challenge or the online platform? Use the contact page at www.utlivingwell.com/#/contact.