

WALK THE HALLS STARTS NOW!

Walk The Halls is a personal challenge to help you move more throughout the winter months. There's no need to sign up, and there aren't any rules.

To get started, just walk the halls. The route you take is totally up to you.

Warm up at a slower pace, then gradually increase your pace so that it's more than a slow, casual stroll. Stretch throughout as needed, and again at the end.

That's it! **Suggestions: Beginners** can walk at a steady pace on their local wing or floor. **Intermediates** can walk multiple floors at a faster pace. **Advanced walkers** can add speed intervals, stair work and multiple rounds using multiple floors. ***Please consult your physician if you are new to exercise or have any preexisting heart, respiratory or joint-related conditions.**

***Simple Generic Walking Speed Test (Optional):** For those wanting to compare their speed to others of the same age based on *averages*, you can do it between the Lounge and Golf Range where you'll see three colorful bows. You'll need a stopwatch or timer. First, start at the gold bow and walk for 16.5 feet (to allow yourself to ramp up to your NORMAL pace.) Once you reach the red bow, walk at your NORMAL pace for 33 feet until you get to the silver bow. To calculate your walking speed, divide 33 feet by the number of seconds it took to walk between the red and silver bows. **NOTE:** This test is based on averages and may not reflect variations. Please use this test lightheartedly.

Results:

Ages 50-59: The average walking speed is 4.3ft / second for a woman, 4.7ft / second for a man. **Ages 60-69:** The average speed is 4.1ft / second for a woman, and 4.7ft / second for a man. **Ages 70-79:** The average speed is 3.7ft / second for a woman, and 4.16ft / second for a man. **Ages 80-89:** The average speed is approximately 3.1ft / second for a woman, 3.2ft / second for a man.

Speak with Chesna if you have questions or need ideas! Chesna@FitEsteem.com

***This is a free community event.
Let's have fun with it!***