



WALKER STAR PEDOMETER

In an attempt to foster a more active lifestyle and support the City of McKinney and MISD's challenge to make McKinney the fittest city in America, the Walker PTA is pleased to provide a pedometer for every Walker Star student. The pedometers will be used in your child's classroom to help with learning activities and allow students to understand how easy it is to become more active. Every Walker Star will be encouraged to use the pedometer at home as well to encourage an active lifestyle throughout the entire day. Pedometers are an excellent tool to help you teach children about the importance of being physically active on a daily basis.

Pedometers will be used daily/weekly in Walker classrooms, so please encourage your child to keep their pedometer safe when they are not wearing it. While we learn about Healthy Lifestyles, each classroom will be helping our Walker Stars chart their daily steps. At the end of each week, the class with the most steps will get the honor of "The Golden Shoe" trophy—hooray for our Walker Stars!

What is a Pedometer? A pedometer is a simple device used to measure the number of steps taken by a person each day. By counting steps, Walker Stars can discover how far they travel each day. The downside is that pedometers can't measure the intensity of their activities so it's recommended that all children should accumulate at least 60 minutes of moderate (brisk walking, swimming, cycling) to vigorous (running, basketball, soccer) physical activity daily.

How does a Pedometer work? When positioned correctly, a pedometer will record a step each time a person moves their hip up and down. It will measure all activities that move the hip including cycling, jumping-jacks, and bending down to tie your shoe.

How do you wear a Pedometer? Ideally, the pedometer should be attached to a person's belt or waistband near the front of the hip bone, in line with the knee cap. If that is not possible, you can attach to an alternative location like the side or back of waistband or to a pocket that sits below waistband. The pedometer must sit upright to work properly.

How do I know the Pedometer is working? Clip the pedometer in place. Push the button under the cover to set it to zero and close the cover. Without looking at the pedometer, walk 20 steps. Check the pedometer to see if it accurately recorded the steps. Is it right? If not, reposition the pedometer and try again.

How many steps do they have to take? There are no official step-count recommendations or requirements. The overall program is designed to help Walker Stars boost their physical activity levels. The goal is to increase the number of steps taken, not to reach a specific number. A good goal for children is 13,500 steps per day.

Walker PTA is not just supporting the importance of Healthy Lifestyles by providing our students with pedometers. We hope to support and serve our entire Walker Community, with our Couch to 5K Program! It is much easier to accomplish a more healthy and active lifestyle if you have a support group and an overall goal. We encourage all Walker families to join our “Couch to 5K” program and run or walk in the first ever Star Stampede 5K (3.1 miles) Race and 1 Mile Family Fun Run on April 14, 2012. The race will start and finish at Walker Elementary and all proceeds will be donated by the Walker PTA to benefit technology needs and physical education movement equipment that will provide “Brain Breaks” to our Walker Star students.

Fliers were sent home with students on January 9 –OR– visit www.walkerstarspta.net/healthy-lifestyles/ for more information and to print your entry form.

The Couch to 5K program is designed to give our Walker families a road map to successfully complete a 5K (3.1 mile) race. As a participant, you will receive a weekly training schedule, fitness challenges, nutrition guidelines and weekly community walk/run developed by a Certified Personal Trainer and Running Coach. This program is designed for all fitness levels – whether you are a seasoned runner or dread the thought of it! It is a great way for your family to spend quality time together while becoming healthier.

Get ready, get set, get fit Walker Star families!