

2010

Go the Distance!

Take strides toward a healthier lifestyle while helping out a local family



Starting June 28th get ready to Go the Distance!

Good Bodies Fitness and Wellness is starting a new competition to help support a local family and promote consistent exercise habits.

Go the Distance is a 7-week competition that rewards you for being consistent with your exercise program. For just a \$10 entry fee (all proceeds going to the Jill Rosenberry fund) we will convert all your activity into miles and track your progress as you journey from Good Bodies towards Cincinnati.

How do I win?

The top two male and female participants who travel the longest distances will be the big winners. The chart below will show you how to convert all different types of activity into miles. We will count no more than 20 miles of activity per week so that no one person can literally run away from the competition. Your trainer will help you keep track of your mileage and log each activity. We will then mark distances on the map to show your progress against your competition.

In the event of a tie, we will be add up how many days throughout the week the participant exercised to determine the winner. We would rather see some really consistent weekly exercise than one big push on the weekend. So, if two participants end up with the same number of miles, the person with the most number of exercise days will win.

What do the winners get?

One male and one female will win the grand prize of a One Hour Personal Fitness Training Session, One Hour Massage, and free entrance to our Jill Rosenberry Fund Raiser August 21st 6pm-10pm. (\$200 value)

The Runner-ups will win a One Hour Fitness Training session and free entrance to our Jill Rosenberry Fund Raiser August 21st 6pm-10pm. (\$135 value)

And if I don't win?

How could you not win by increasing your activity level? You will have improved your cardiovascular and muscular system, feelings of well being, reduce stress, *and* have worked towards helping a family battling the fight of their life. All participants will receive a gift at the end of their journey.

How to Convert Steps to Miles

500 steps = about 1/4 of a mile
1,000 steps = about 1/2 of a mile
2,000 steps = about 1 mile
4,000 steps = about 2 miles
5,000 steps = about 2 1/2 miles
10,000 steps = about 5 miles

How to Convert All of Your Exercise Into Miles!

Exercise Conversion Chart		
Activity	Time	Distance
Basketball	25 minutes	3 miles
Bike/Stationary	15 minutes	1 mile
Resistance Training	30 minutes	2 mile
Body Performance group class	30 minutes	2 miles
Roller-Blading	15 minutes	1 mile
Rowing	10 minutes	1 mile
Swimming	10 minutes	1 mile
Pilates	20 minutes	1 mile
Yoga	30 minutes	1 mile
Step Machine	10 minutes	1 mile
Softball	20 minutes	1 mile
Bowling	15 minutes	1 mile
Golf (carrying or pulling bag)	20 minutes	2 miles

Those of you who ride a bicycle outdoors for your activity need to cut your mileage by 1/2 to count towards your weekly total.