



## STEPPIN' OUT For Health: 1<sup>st</sup> two week results!



Hello Steppers! I hope wearing the pedometer has given you a little extra motivation to get movin! My water polo team knows I have been wearing it and every time they see me they ask how many steps I have taken... it definitely makes me want to move more! I have received several very motivating emails from our steppers. A couple of you have found some interesting ways to increase your steps, for example dangling chocolates in front of your teammates and making them get up to get them... very clever. I also heard that one of our steppers has lost 8 pounds since the start!!!! That is very motivating!!!

For the next report, October 14<sup>th</sup>, please send your results directly to me, Kelly Falcone. Please send me your total steps for the two weeks, your daily average, and your day with the highest steps.

Here are the results for the first two weeks. Overall we did very well. Lets make our goal as a group to get our group average above 10,000 steps per day for the next two weeks! Right now our group average is 8,132

	<u>team total steps</u>	<u>team avg</u>	<u>team highest</u>
TEAM 1	383,743	6872	15,108
TEAM 2	399,288	7,130	15,693
TEAM 3	527,765	9424	18,723
TEAM 4	401,000	7160	13,841
TEAM 5	508,108	9073	19,024
TEAM 6			

### Mark your calendars:



Wednesday October 28<sup>th</sup> is the TEAM LIFE Halloween Poker walk. Meet at the clock tower at noon.

### ENTIRE GROUP TOTALS:

TOTAL STEPS= 2,219,904

WHICH EQUALS ROUGHLY 1,110 MILES!

ENTIRE GROUP AVERAGE IS 8,132

THE PERSON WITH THE OVERALL MAX WAS  
Kelley MacIsaac with 19,024

### Eight Easy Ways to Increase your Steps

- 1—Park farther away from the door.
- 2—Go to the bathroom that's farther away.
- 3—Go visit a colleague at work instead of emailing.
- 4—Don't be so efficient. At work, make several trips to the fax machine or copier instead of saving everything for one trip.
- 5—Pick up! You can get in a lot of steps picking up around the house.
- 5—Walk & Talk. Have walking discussions.
- 6—Walk around the store or mall before you shop.
- 7—If possible, walk to nearby shops or restaurants.
- 8—Walk a little more to reach your goal. If you get to the end of the day and you have less than 200 steps to your daily goal, walk around your house to reach it.

From <http://www.bellaonline.com/articles/art24966.asp>  
10/7/09

From [WWW.SHAPEUP.ORG](http://WWW.SHAPEUP.ORG) FREQUENTLY ASKED  
QUESTIONS ABOUT USING A PEDOMETER:

### How do you convert time on a bike to steps?

If you have a Bbike that has a calorie readout, then all you need to know is that walking one mile is equivalent (approximately) to burning 100 calories. If you exercise on your bike long enough to burn 100 calories, that is like walking 2000 steps. To burn the equivalent of walking 10,000 steps, you would have to exercise long enough to burn 500 calories.

### I would like to know that if you walk 10,000 steps, how many miles is that?

Walking 10,000 steps is the approximate equivalent of walking 5 miles. The distance covered depends on the length of your stride. That is why it is approximate.



## STEPPIN' OUT For Health: 2nd two week results!



Hello Steppers! We have increased our total steps since the first report and I am seeing some very impressive results! KEEP UP THE GOOD WORK!

For the next report please send your results directly to me, Kelly Falcone. Please send me your total steps for the two weeks, your daily average, and your day with the highest steps.

### 1ST TWO WEEK RESULTS

	STEPS	AVG	MAX
TOTAL	2,219,904	8132	19,024 Kelley Hudson-McIsaac
TOTAL GROUP MILES	1,110		

### 2ND TWO WEEK RESULTS

TOTAL	2552093	8775.395	19652 Byung Kang
TOTAL GROUP MILES	1276.047		

		1st report			2nd report		
		total steps	avg	max	total steps	avg	max
TEAM 1	Kelly Falcone's team	383,743	6872	15,108	362109	8621.667	18654
TEAM 2	Patti Waterman	399,288	7,130	15,693	528093	9430	19498
TEAM 3	Scott Cathcart	527765	9424	18723	552586	9867.5	19652
TEAM 4	Teri Wallace	401,000	7160	13,841	585933	7619.871	14347
TEAM 5	Shauna Hearn	508,108	9073	19024	435792	10855.33	17720
TEAM 6	John emerson				87580	6258	9795



### Mark your calendars:

Wednesday October 28<sup>th</sup> is the TEAM LIFE Halloween Poker walk. Meet at the clock tower at noon.

**Here is a link to a bunch of different San Diego WALKING GROUPS! Joining a walking group is a great way to increase your steps and meet new people..... Or maybe start a walking group of your own!**

[http://walkers.meetup.com/cities/us/ca/san\\_diego/](http://walkers.meetup.com/cities/us/ca/san_diego/)



## STEPPIN' OUT For Health: 3rd two week results!



Hello Steppers! This is our final two weeks!!!! This is your final chance to reach your goals!!! For the next report please send your results directly to me, Kelly Falcone. Please send me your total steps for the two weeks, your daily average, and your day with the highest steps. Remember to mark your calendars for the final luncheon on Wednesday November 18<sup>th</sup>!

3rd Bi-weekly report	STEPS	AVG	MAX
Total for group	2333916	8680	22822

team	name	#3 total	#3 avg	#3 high
Team 4: Terri Wallace	TEAM TOTAL	585689	8292	14076
Team 5: Shawna Hearn	TEAM TOTAL	524180	9708	22822
Team 3: Scott Cathcart	TEAM TOTAL	480594	8582	16292
Team 2: Patti waterman	TEAM TOTAL	476736	8513	17117
team 1: Kelly Falcone	TEAM TOTAL	255666	9131	19062
Team 6: John Emerson	TEAM TOTAL	11051	7860	13451

### Individuals sorted by highest day

team	name	#3 high
Team 5: Shawna Hearn	Kelley MacIsaac	22822
team 1: Kelly Falcone	Kelly Falcone	19062
Team 2: Patti waterman	Christine Barkley	17117
Team 3: Scott Cathcart	Diane Veach	16292
Team 3: Scott Cathcart	Byung Kang	15899
team 1: Kelly Falcone	Traci Sickinger	15643
Team 3: Scott Cathcart	Mona Ellis	14432
Team 4: Terri Wallace	Terry Humphrey	14076
Team 5: Shawna Hearn	Rita Campu Griggs	13509
Team 6: John Emerson	Nancy Alemo	13451
Team 4: Terri Wallace	John Tortarolo	13313
Team 4: Terri Wallace	Lisa Faas	13175
Team 5: Shawna Hearn	Patti Whitman	13026
Team 2: Patti waterman	Patti Waterman	12151
Team 4: Terri Wallace	Pauline Riley	12087
Team 4: Terri Wallace	Jean Keller	11534
Team 2: Patti waterman	Connie Rodriguez	11412
Team 3: Scott Cathcart	Linda Morrow	10706
Team 5: Shawna Hearn	Martha Collins	10267
Team 2: Patti waterman	Sheri Goldsmith	7682

### Individuals sorted by highest average

team	name	#3 avg
Team 5: Shawna Hearn	Kelley MacIsaac	13125
team 1: Kelly Falcone	Kelly Falcone	11469
Team 3: Scott Cathcart	Byung Kang	11327
Team 3: Scott Cathcart	Diane Veach	10363
Team 4: Terri Wallace	Terry Humphrey	10005
Team 4: Terri Wallace	Lisa Faas	9982
Team 2: Patti waterman	Christine Barkley	9748
Team 5: Shawna Hearn	Patti Whitman	9729
Team 2: Patti waterman	Connie Rodriguez	9609
Team 2: Patti waterman	Patti Waterman	9175
Team 5: Shawna Hearn	Rita Campu Griggs	9127
Team 6: John Emerson	Nancy Alemo	7860
Team 4: Terri Wallace	Jean Keller	7771
Team 4: Terri Wallace	Pauline Riley	7163
Team 3: Scott Cathcart	Linda Morrow	6887
Team 5: Shawna Hearn	Martha Collins	6849
team 1: Kelly Falcone	Traci Sickinger	6792
Team 4: Terri Wallace	John Tortarolo	6540
Team 3: Scott Cathcart	Mona Ellis	5750
Team 2: Patti waterman	Sheri Goldsmith	5521



# STEPPIN' OUT For Health: FINAL RESULTS!



REPORT #4 TOTAL STEPS

REPORT #4 AVERAGE

REPORT #4 HIGHEST DAY

name	#4 total	name	#4 avg	name	#4 high
Connie Rodriguez	206654	Connie Rodriguez	14761	Kelly Falcone	19562
Kelly Falcone	192687	Kelly Falcone	13763	Patti Waterman	18552
Kelley MacIsaac	180530	Kelley MacIsaac	12895	Connie Rodriguez	18510
Patti Waterman	173406	Patti Waterman	12386	Mona Ellis	18325
Terry Humphrey	156102	Terry Humphrey	11150	Kelley MacIsaac	17568
Diane Veach	148989	Diane Veach	10642	Traci Sickinger	16636
Christine Barkley	145637	Jean Keller	10037	Jean Keller	16424
Jean Keller	140516	Patti Whitman	9945	Terry Humphrey	15766
Pauline Riley	129689	Christine Barkley	9636	Nancy Alemo	15701
Nancy Alemo	129157	Pauline Riley	9263.5	Byung Kang	15426
Lisa Faas	125099	Nancy Alemo	9226	Christine Barkley	15072
Byung Kang	122904	Lisa Faas	8935	Diane Veach	14531
Linda Morrow	119458	Byung Kang	8779	Patti Whitman	14531
Patti Whitman	119348	Linda Morrow	8532	Pauline Riley	13776
Traci Sickinger	110563	Traci Sickinger	7897	John Tortarolo	13244
Martha Collins	104190	Martha Collins	7442	Lisa Faas	10595
Mona Ellis	103660	Mona Ellis	7404	Linda Morrow	10251
John Tortarolo	101149	John Tortarolo	6743	Martha Collins	9361
Sheri Goldsmith	60144	Sheri Goldsmith	4296	Sheri Goldsmith	7253

FINAL  
TWO  
WEEK  
RESULTS

team	#4 total	#4 avg	#4 high
TEAM 4	652555	9225.7	16424
TEAM 2	585841	10269.8	18552
TEAM 3	495011	8839.25	18325
TEAM 5	404068	10094	17568
TEAM 1	303250	10830	19562
TEAM 6	129157	9226	15701

	STEPS	AVG	MAX
final two week group results	2569882	9747.45	19562
Average miles	1284.941		



# FINAL OVERALL RESULTS!



team	PLACE	TOTAL OVERALL STEPS	#1 total	#1 avg	#1 high	#2 total	#2 avg	#2 high	#3 total	#3 avg	#3 high	#4 total	#4 avg	#4 high
TEAM 4	1ST	2225177	401000	7160	13841	585933	7619.9	14347	585689	8292.2	14076	652555	9225.7	16424
TEAM 3	2ND	2055956	527765	9424	18723	552586	9867.5	19652	480594	8581.75	16292	495011	8839.25	18325
TEAM 2	3RD	1989958	399288	7130	15693	528093	9430	19498	476736	8513.25	17117	585841	10269.75	18552
TEAM 5	4TH	1872148	508108	9073	19024	435792	10855	17720	524180	9707.5	22822	404068	10094	17568
TEAM 1	5TH	1304768	383743	6872	15108	362109	8621.7	18654	255666	9130.5	19062	303250	10830	19562
TEAM 6	6TH	227788				87580	6258	9795	11051	7860	13451	129157	9226	15701

name	Overall TOTAL STEPS	overall average
Kelley MacIsaac	745329	13309.44643
Kelly Falcone	615763	10995.76786
Diane Veach	611494	10919.53571
Byung Kang	607246	10843.67857
Lisa Faas	541979	9678.196429
Terry Humphrey	528368	9435.142857
Connie Rodriguez	507711	9066.267857
Linda Morrow	451994	8071.321429
Patti Waterman	437663	7815.410714
Christine Barkley	423708	7566.214286
Jean Keller	416603	7439.339286
Traci Sickinger	413127	7377.267857
John Tortarolo	409839	7318.553571
Martha Collins	397523	7098.625
Mona Ellis	385222	6878.964286
Patti Whitman	353358	6309.964286
Pauline Riley	328388	5864.071429
Rita Campu Griggs	269652	4815.214286
Nancy Alemo	227788	4067.642857
Sheri Goldsmith	221588	3956.928571

<b>Team 1: Kelly Falcone</b>	<b>Team 4: Terri Wallace</b>
Kelly Falcone	Lisa Faas
Traci Sickinger	Terry Humphrey
Debi Workman	John Tortarolo
Karen Robinson	Jean Keller
Abby Corona	Pauline Riley
<b>Team 2: Patti waterman</b>	<b>Team 5: Shawna Hearn</b>
Patti Waterman	Martha Collins
Connie Rodriguez	Patti Whitman
Nancy Sager	Kelley MacIsaac
Christine Barkley	Rita Campu Griggs
Sheri Goldsmith	
Patti Tait	
<b>Team 3: Scott Cathcart</b>	<b>Team 6: John Emerson</b>
Byung Kang	Nancy Alemo
Linda Morrow	Melinda Finn
Mona Ellis	Jem McAdams
Diane Veach	Scott Lawson