

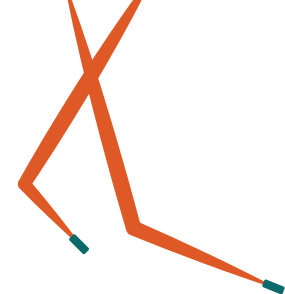


**STEP TO
A BETTER
YOU**

#YSummerSteppin
YMCA of Greater Pittsburgh

SUMMER STEPPIN'

MEMBER CHALLENGE



May 20th - June 30th

Name _____ YMCA _____

Phone _____ Email _____

PRE-ASSESSMENT EVALUATION

DATE		RESTING HEART RATE		1-MILE WALKING TEST	
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SUMMER STEPPIN' DAILY TRACKER

WEEK	TRACKING METHOD	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								

POST-ASSESSMENT EVALUATION

DATE		RESTING HEART RATE		1-MILE WALKING TEST	
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TOTAL STEPS FOR THE CHALLENGE

For a better us.
pittsburghymca.org



WALKING TEST

Preparation

The Rockport walking test evaluates the capacity of your lungs in relation to the volume of exercise you can tolerate. It is designed for both women and men between the ages of 20 and 69. All you need to perform the test are:

- A stopwatch
- A level one-mile (1.6-kilometer) track (not a treadmill)
- A good pair of walking shoes
- Appropriate walking clothes
- An accurate scale (in pounds)

How the Test Is Performed

To take the Rockport walking test, you will need to find a level, one-mile course. High school tracks are usually ideal. For most of these tracks, four laps around the innermost lane equal one mile.

You can also use an online mapping app to measure out a one-mile course on an unobstructed path or walkway with no stop signs, ditches, barriers, or elevation. Even a rise of 3 percent can alter the outcome of the test.

To perform the Rockport walking test:

- Warm up for five to 10 minutes with light stretching.
- Start your stopwatch and immediately commence walking as fast as you can. Make every effort to push yourself, but avoid speed walking or power walking.
- At the end of the one mile, stop your stopwatch and record your time in decimals. For example, 11 minutes plus (30 seconds ÷ 60 seconds) = 11.5 minutes.
- Take your heart rate immediately. If taking your own pulse, count the heartbeats for 15 seconds and multiply by four. For example, if there are 40 heartbeats in 15 seconds, your heart rate would be 160 beats per minutes (bpm).

Track your results on the other side of this sheet. Please talk to our Healthy Living staff if you are in need of assistance to perform this test accurately.

WALKING GROUP

Branches will hold walking groups throughout the Summer Steppin' period. Please visit the Welcome Center for your walking group schedule.

People who would like to walk can meet in our lobby to walk with one of our staff team members for approximately 30 minutes around the area.

If it rains, we might do a treadmill walk, or moderate exercises in the gymnasium.

KNOW YOUR PARKS:

August Wilson Park
At the intersection of Cliff Street and Cassatt Street

In the 1970s Hill District residents worked tirelessly to turn a narrow sliver of steep land into what was then known as Cliffside Park. Throughout the next three decades the park was well used, but city funding difficulties caused upkeep to suffer, and by the start of the new century the park was seriously deteriorated. In 2008 The Pittsburgh Parks Conservancy teamed up with Hill District community organizations and the City of Pittsburgh to completely renovate the park, now renamed August Wilson Park, in honor of the Pulitzer Prize-winning playwright who grew up in and wrote about the neighborhood.

#YSummerSteppin

