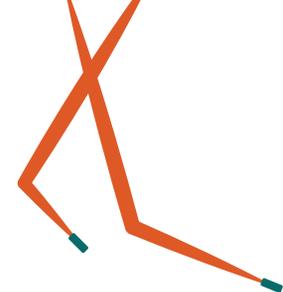




# SUMMER STEPPIN'

## MEMBER CHALLENGE

August 3rd - September 13th



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

**STEP TO  
A BETTER  
YOU**

#YSummerSteppin  
YMCA of Greater Pittsburgh

For a better us.  
[pittsburghymca.org/step](http://pittsburghymca.org/step)



# 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.



## GET OUTDOORS

Visit our friends at the Pittsburgh Parks Conservancy to find a local park near you.

[pittsburghparks.org](http://pittsburghparks.org)

## KNOW YOUR PARKS:

### EMERALD VIEW PARK

Stitching together three historic parks, Emerald View Park is the premier place to view Pittsburgh's spectacular skyline. The 257-acre Emerald View Park was born out of a grassroots effort to combine wooded hillsides, the Grand View Scenic Byway, and three historic park spaces: Grandview, Olympia, and Mount Washington.

### FRICK PARK

At 644 acres, Frick Park is Pittsburgh's largest historic regional park. Although Henry Clay Frick bequeathed the original 151 acres to the city in 1919, the park did not open until 1927 after additional land had been acquired. Most recently, 106 acres were annexed to the park as part of the process that created the Summerset at Frick Park housing development and restored the Nine Mile Run stream valley. Today, Frick Park stretches from its northern borders in Point Breeze down to the Monongahela River.

### HIGHLAND PARK

Pittsburgh's need for a municipal water system brought about the creation of Highland Park in the late 1800s. By 1879, a reservoir that provided drinking water for the city was opened in an area surrounded by public land and greenery. People were naturally drawn to the site for its open space and scenic beauty, and the increasing popularity of the reservoir for picnics and passive recreation caught the attention of the Parks Commission. Twenty years later, the city made it official, establishing Highland Park by ordinance. Today, Reservoir No. 1 remains an iconic feature of Highland Park, and the Reservoir Loop is a favorite trail for walkers and joggers.

### RIVERVIEW PARK

Riverview Park is a jewel of Pittsburgh's North Side. Created in 1894, the park predates the City of Allegheny's annexation to the City of Pittsburgh in 1907. Formed largely from farmland, today's Riverview Park is known for its dense woodlands and steep topography. Nestled between Perrysville Avenue, Woods Run and Marshall Avenue, the 259-acre park is known for its wooded trails and dramatically steep hillsides. The park's extensive network of trails invites hikers, joggers, and the occasional horseback rider into the woods. The park is also home to the landmark Allegheny Observatory, a visitor's center, a swimming pool and activities building, the natural beauty of the Mairdale watershed, and the popular two-mile Riverview Loop. Residents enjoy the park's pool, playground, ball field, shelters and summertime concerts and movies.