

**Walk Texas ACTIVE AUSTIN  
10-Week Challenge Team Information**

**Name of Team:** \_\_\_\_\_

**10- Week  
Challenge  
begins:** \_\_\_\_\_

**Meeting  
Day(s):** \_\_\_\_\_

**Time:** \_\_\_\_\_

**Location:** \_\_\_\_\_

**Team Lead  
Contact:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

Participate in the Challenge by exercising with your team at the time, day and place listed for your team (you write in on lines above), or choose and use exercise buddies, or be active on your own. Write down total points per day, each day you are active. Use a Walk Texas pocket log or your own calendar. Just write it down on same log for the whole 10-Week Challenge. Total your weekly points. Add all 10 week totals for total points. Your incentive is based on your total points for the 10-Week Challenge. Have fun!

**Walk Texas – ACTIVE AUSTIN 10-Week Challenge**  
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# Participant Guide



## Take the 10-week challenge!

**Austin/Travis County Health and Human Services Department**

**Chronic Disease Prevention and Control Program**



## What is Walk Texas

Walk Texas ACTIVE AUSTIN is a 10-week program designed to help you begin or maintain an active lifestyle. For 10 weeks, participants record their daily/weekly physical activity, which converts to points depending on number of minutes active and intensity of the activity (see Activity Chart). At the end of the program, medals are given based on total points (see medals below).

WalkTexas ACTIVE AUSTIN is coordinated through the Austin/Travis County Health and Human Services Department, and is free of charge for anyone living or working in the Austin/Travis County area. The idea is to connect people and build support for people to exercise most days per week.

### Physical Activity Recommendations:

- 30 minutes or more a day for adults
- 60 minutes or more a day for children
- Most days of the week

“30-minutes a day” can be one 30-minute period of physical activity, or broken down into two 15-minute or three 10-minute periods in one day. The same thing goes for the “60-minutes a day” goal. It all adds up to make a difference in your health.

**Physical activity** can be *any* moderate exercise or activity you enjoy that increases your heart rate and breathing. Such activities could include walking, running, skating, cycling, housework, or aerobics. You don’t have to walk to be a part of the Walk Texas ACTIVE AUSTIN. All physical activities count!

### Incentives for Participants of Walk Texas :

MEDAL	POINT RANGE	EXAMPLE OF FREQUENCY
Bronze	120 – 199	Walk 30 minutes, 3 times a week.
Silver	200 – 319	Walk 30 minutes, 5 times a week.
Gold	320 – 560	Walk 60 minutes, 4 times a week or jog 30 minutes, 5 times per week.

## Get Ready, get set, go!

Each participant must register to take the 10-Week Challenge. Complete a registration form and release of liability and return forms to your group leader, or the Walk Texas Austin Area Coordinator (on back). Each team member tracks their own daily physical activity. Every week, team members report their progress to the group leader.

Use the Activity Chart below to determine how many points earned for every 30-minutes of engaging in your chosen physical activity. If your activity type is not on this chart, just use 6 points per every 30-minutes, or pick an activity closest to what you are doing.

### ACTIVITY CHART

Activity	Points/30 Min.	Activity	Points/30 Min.
Active for Life**	6	Ping Pong	4
<b>Aerobic</b>	6	Pushing Lawn Mower	6
<b>Dance/Dancing</b>		Racquetball	11
Backpacking	7	Raking Leaves	4
Badminton	5	Roller Blading	7
Baseball/Softball	5	Rope Skipping	10
Basketball	8	Rowing	7
<b>Bicycling</b>	8	Shoveling dirt	6
Bowling	3	Skateboarding	5
Canoeing	4	Ski Machine	10
Cheerleading	6	Soccer	7
Field Hockey	7	Stair Stepping	6
Football (touch)	8	<b>Stationary Bike</b>	5
Frisbee	3	<b>Step Aerobics</b>	7
Gardening	5	Swimming Laps	8
Golf (walking course)	5	Tennis	7
Gymnastics	7	Volleyball	3
Handball	12	<b>Walking (Brisk)</b>	4
Horseback Riding	4	Wash Car by Hand	5
<b>House Cleaning</b>	4	Weight Lifting	6
Ice/Roller Skating	7	Wheelchair Basketball	10
<b>Jogging/Running</b>	7	Wrestling	9
Kickball	5	Yoga/Pilates	4
Martial Arts	10		

**Celebrate your success! Stay active and enjoy your health!**