



Thursday, September 2, 2004

That Walking Program takes stride in September

By **Dawn Pauli**, contributing writer

Students, faculty and staff can walk their way to better health by joining "That Walking Program," sponsored by Oakland University and **Building a Better U**.

That Walking Program is a five-week commitment to daily walking. Participants are encouraged to set aside time each day to walk or jog or take opportunities to add steps to their usual routine so they are walking 10,000 steps per day.

"For the first time this year, we have also partnered with the Center for Student Activities to encourage student participation," said Aldona Sonta, manager of training and development and coordinator of the program, University Human Resources. "Walking is great because it gets people moving, most anyone can do it, and it doesn't require special equipment. The beauty of our campus is an added treat."

Kimberlydawn Wisdom, Michigan's first Surgeon General, will help kick off the program Monday, Sept. 20, at noon outside the Recreation Center, or in the Recreation Center's Pioneer Room if it's raining. The program runs through Friday, Oct. 22.

Laurie Presti, Registrar's Office coordinator, was one of 250 participants in last year's walking program. She joined the program because she wanted to lose weight and thought it would be easy. She averaged 8,000 to 9,000 steps a day, occasionally hitting 10,000 steps.

"I was already active, walking the dog and using my treadmill, but I was in for a big surprise," she said. "I could not believe how little I actually walked during my day."

Presti enjoyed the program, she said, "It was an incentive to try and walk a little more than I did the previous day. Also, since most of the campus was involved in the program, it was fun comparing steps accomplished. It was also an excuse to take my breaks and walk outside instead of staying indoors at my desk."

Linda Sisson, director of disability support services, also joined the program and walked at lunchtime with co-workers.

"I joined because I am one of those people who gets on board with an exercise program, complies for a year or two, and then falls off the wagon. Well, I had been off the wagon for a year or so and decided it was time to do something," she said. "We all walked at our own pace, and we're all at different fitness levels. It was relaxing and enjoyable and a great way to de-stress and reenergize."

To register for That Walking Program, stop at the wellness table at the Oakland Center between 11 a.m. and 1 p.m. Sept. 14, 15 or 16 to learn more about the program and to enroll. Participants will need a pedometer to log their steps.

Entry fee for the program is \$12 and includes a T-shirt, log and e-mail motivational tips.

Learn more about the program on Wellness Wednesday Sept. 8 from 12:05 to 12:55 p.m. in the Oakland Center Pioneer Room, where the topic will be "Walking for Health."

Those who enroll in the program and are not current members of the Recreation Center can workout at the center for free by showing their OU faculty or staff ID when visiting the Recreation Center.

All walkers who complete the program are invited to celebrate with other participants Thursday, Oct. 28, at 3 p.m. A completed log is admission to the event and a ticket for raffle prizes.

For more information on That Walking Program, e-mail wellness@oakland.edu.

SUMMARY

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