



2018 TREAD'N MILES

Guidelines

- *GET TWO PEOPLE FOR A HEALTHY HEART TEAM
- *MILES CAN BE ATTAINED THROUGH THE FOLLOWING:
 - * 1 MILE ON (A) TREADMILL IS THE STANDARD "TREAD'N MILE".
EQUIVALENTS TO THE TREAD' N MILE ARE...
 - (B) 15 MINUTES OF WALKING OUTSIDE THE FACILITY OR MILE FOR MILE RUNNING/WALKING
 - (C) 3 MILES ON A STATIONARY BIKES
 - (D) 2 MILES ON ELLIPTICALS OR CROSS RAMPS (AMT TRAINER)
 - (E) 40 FLOORS OR 10 minutes ON STAIRMASTER
 - (F) 1500 STEPS ON VERSA CLIMBER OR 8 MINUTES
 - (G) 1000 METERS ON ROWER MACHINE
 - (H) 15 MIN OF CARDIO OR STRENGTH IN A GROUP EX. CLASS
- *RECORD YOUR CHOICE OF ACTIVITY ON THE CHARTS IN THE BINDER AT THE FRONT DESK BY USING THE ABOVE LETTERS)
- *A MAXIMUM OF 4 MILES CAN BE EARNED EACH DAY PER PERSON
- *MILES WILL BE ROUNDED DOWN TO THE NEAREST
1/2 MILE EACH DAY
- *THE ONLY OUTSIDE ACTIVITY THAT WILL COUNT IS WALKING OR RUNNING MONDAY-SATURDAY.
ALL OTHER EXERCISES ABOVE ARE CREATED FOR EQUIVALENTS FOR EFC EQUIPMENT

February 5th –Friday, February 16th, 2018