



## Exercise Across Tennessee



## Exercise Across Tennessee Challenge

### Explanation of Challenge:

- This 12 week challenge can be offered department v. department, teams or individual participants. Please determine how it will be most successful for your department. It can be done any time of the year and is designed to be a quarterly challenge to earn points on the Point Tracker.
- Weekly mileage will be recorded by individuals and turned into a team leader or the challenge contact person.
- The challenge contact person will provide weekly updates to the entire group with department/team/individual weekly progress.
- The goal is to get as close to the weekly city-to-city mileage as possible either through physical activity using the conversion chart or by walking/running. These distances can be divided up into smaller distances amongst team members if you prefer to do so. Participants (individuals or teams) do not have to reach the actual city-to-city weekly mileage in order to participate.

### Provided for you:

- **Sample Info Sheet**
- **Sample Poster**
- **Sample Log Sheet/Workout Card**
- **Sample Conversion Chart** – The two mile equivalents were determined using the Convert Activity Into Steps chart from [Purdue University](#). We know that approximately 2,000 steps equates to one mile so approximately 4,000 steps is equivalent to two miles. Each two miles equivalent is determined using the following equation:  
$$4,000 \text{ (steps)} / \# \text{ of steps per minute for activity} = \# \text{ of minutes of activity required for a two mile equivalent.}$$
For example, the Purdue University chart says weight lifting is equal to 67 steps per minute, so  $4,000 / 67 = 59.7$ .  
This means approximately one hour of weight lifting produces 4,000 steps, the amount required to complete a two mile walk.

Please note that this conversion chart simply determines approximately how long it takes for one to accomplish 4,000 steps (2 miles) during a particular physical activity. It is not a comparison of caloric expenditure. For example, you may be able to reach your 4,000 steps faster walking leisurely than weight lifting, however you will burn more calories performing weight lifting than walking leisurely.



Looking to add some fun to your exercise routine? **Exercise Across Tennessee** can be just the answer. This 8-week exercise program is a self-paced program. Participants will use the exercise conversion chart to determine the 2 mile equivalents for their workout routines and try to make their way around the state of TN.

**Exercise Across Tennessee** begins (date) and ends (date). To register: (List details).





## Exercise Across Tennessee

(Insert Dates)



Make your way around Tennessee using cities within the state and an exercise-to-mileage conversion chart.

Register by (Insert date)



## Exercise Across Tennessee Workout Conversion Chart

<b>Workout</b>	<b>2 Mile Equivalents</b>
Weight Training	<b>60 minutes</b>
Calisthenics (sit-ups, push-ups)	<b>38 minutes</b>
Group Exercise Class	<b>31 minutes</b>
Running – 8/10/12 minute mile	<b>16/20/24 minutes</b>
Walking Leisurely	<b>47 minutes</b>
Roller Blading	<b>26 minutes</b>
Stationary Bike or Cycling	<b>20-31 minutes</b>
Rowing	<b>19 minutes</b>
Stair Climber or Hiking	<b>20-23 minutes</b>
Yoga	<b>88 minutes</b>
Yard Work/Push Mowing	<b>45 minutes</b>
Bowling	<b>56 minutes</b>
Golf (walking)	<b>37 minutes</b>
Tennis	<b>20 minutes</b>
Swimming	<b>23 minutes</b>
Basketball (full court)	<b>28 minutes</b>

### **Actual Mileage (Reference: MapQuest)**

Goodlettsville – Crossville	<b>114.38 m</b>
Crossville – Clinton	<b>63.84 m</b>
Clinton – Bristol	<b>131.5 m</b>
Bristol - Knoxville	<b>114 m</b>
Knoxville – Chattanooga	<b>112.5 m</b>
Chattanooga – Sewanee	<b>52.07 m</b>
Sewanee – Nashville	<b>92.11 m</b>
Nashville – Jackson	<b>129.76 m</b>
Jackson – Memphis	<b>85.62 m</b>
Memphis – Martin	<b>126.58 m</b>
Martin – Clarksville	<b>93.24 m</b>
Clarksville – Goodlettsville	<b>45.44 m</b>
<b>Total Distance</b>	<b>1161.04 m</b>



Exercise Across Tennessee  
(Weeks 1-4)

Record your workout mileage for each day of the week based on the conversion chart provided

Name/Extension

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Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun	
						 <b>Crossville</b>
Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun	
						 <b>Clinton</b>
Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun	
						 <b>Bristol</b>
Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun	
						 <b>Knoxville</b>



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(Weeks 5 – 8)

Record your  
workout  
mileage  
based on the  
conversion  
chart  
provided

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun	
						 <p><b>Chattanooga</b></p>
Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun	
						 <p><b>Sewanee</b></p>
Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun	
						 <p><b>Nashville</b></p>
Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun	
						 <p><b>Jackson</b></p>



Exercise Across Tennessee  
(Weeks 9–12)

Record your workout mileage for each day of the week based on the conversion chart provided

						 <b>Memphis</b>
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Sat/Sun</b>	
						 <b>Martin</b>
						 <b>Clarksville</b>
						 <b>Goodlettsville</b>