Walking to Wellness Tracks the Steps to Fitness
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By Ross Bentley

The SUNY Oswego Walking to Wellness program will be taking place from April 1st through April 30th.

Walking to Wellness allows students to track the steps they take throughout the month, to see the fitness output they put out daily, and challenge themselves each and every day to improve.

This event allows students to become more aware of how much they are exercising during the week, aside from their personal workout routine.

Students will be given pedometers and then record their progress throughout the month on an electronic tracking sheet. By being able to record their progress on a week to week basis, it allows participants to try and find ways that they can improve their daily routine to get more steps in, and therefore become more active. Since it takes place in the lovely spring weather, there’s no reason not to take the long route to go to the gym, or walk instead of taking the bus to class.

By the time the month is over, the hope is that students will take these practices and turn them into permanent habits that they can instill into their daily lives.

Throughout the month, there will be scheduled locations that participants can meet up and discuss how the program is going. In addition, there will be weekly awards given out each week to the student who best fulfills a certain category that is determined before the event begins.
Students will be able to track one another’s progress through the electronic tracking sheet as well. While others results will remain anonymous, it allows participants to be motivated by the progress their peers are making during the month.

To register, students can get a sign up form from Lee Hall any time until March 28th at 4 p.m. at which time they will receive their pedometers.