



iWALK Challenge 2011 Frequently Asked Questions

What is the iWALK Challenge?

The iWALK Challenge is an excuse to get up and start exercising! It's a three-month commitment to get 150 minutes of exercise each week (that's just 30 minutes a day, five days a week). You can walk, run, dance, bike, hike, swim, whatever. Do what you enjoy. Keep track of your minutes and prepare your body to do the Human Race where we'll celebrate your success!

When is the iWALK Challenge?

The iWALK Challenge begins February 7, 2011 and continues til May 7th, 2011. On the final day, everyone is invited to participate in the Human Race by walking or running the 3k or 10k in celebration of your commitment.

Who can participate?

Anyone! All you need to do is register and start exercising. To help you stay motivated, consider doing the Challenge with other people. Put together a group at your workplace, in your neighborhood, or with your family and friends. They'll help you stay on track.

How do I register?

Go to the iWALK website: www.iwalksonoma.org and click on the iWALK Challenge button. This will let us know you want to be part of the movement. It will also get you registered for a chance to win cool prizes!

Why should I register?

We'll send you encouraging emails each week to help inspire you. You'll also be entered into a weekly drawing for cool iWALK stuff. And, you'll begin receiving the monthly iWALK e-newsletter so you can find fitness-related events happening throughout the county.

Who's going to make sure I do 150 minutes of exercise each week?

You are! There are no iWALK police. It's all about improving your fitness level, and having fun at the same time. When you register, you can download a Personal Fitness Tracker to help you keep track of your minutes each week (or use the online tool of your choice – like www.onlinefitnesslog.com). There's also a Group Tracker to help motivate others in your workplace that are participating.

How do I report my progress?

Simply track your weekly progress and aim to hit the goal of 150 minutes each week. If you already workout, do a little more. You'll get a survey at the start of the Challenge, and also at the end. This will allow you to share your successes and challenges.

How will I stay motivated?

We get by with a little help from our friends (and family and co-workers)! See how many people you can recruit to participate in the iWALK Challenge. Get them to register, and then hold each other accountable for reaching the weekly goal.

What if I prefer a different form of exercise?

Do whatever works for you. iWALK is a movement to increase your fitness level. The goal is to achieve 150 minutes during the course of a week. So go run, dance, bike, hike, swim, yoga, etc. Just keep track of your minutes each week.

What if I want to include my family, neighbors, or co-workers?

If you have a group that is participating in the Challenge, consider forming an ongoing walking group. Once you register for the Challenge, you can register your walking group at www.iwalksonoma.org . Get a group of co-workers together and pick a day and time each week to walk as a group. You'll be amazed how the group atmosphere will help you inspire each other!

iWALK is a part of Health Action? What is Health Action?

Health Action is a partnership of community leaders and organizations that are committed to improving the health and wellness of the people of Sonoma County. iWALK is the initiative directed at reducing obesity through exercise. iWALK is supported by grants from Kaiser Permanente Santa Rosa, St. Joseph's Health System – Sonoma County, The California Endowment, and Sonoma County Department of Health Services.

How do I reach iWALK?

- Website: www.iwalksonoma.org
- Email: iwalk@volunteernow.org
- Phone: 573.3399 x 102