

Appendix F: Log on Directions for Physical Education Teachers

REGISTRATION: TEACHER/STUDENT

1. To get your teacher password:
 - Go to <http://www.walksmartvirginia.com>
 - Go to Teacher Login
 - You will see "If you have not registered for the Walk Smart Virginia Pedometer Program," Click on http://www.walksmartvirginia.com/default_getstarted.aspx and follow the instructions. Click on the "Click Here" link and you will get the instructions for registering. (Print out directions).
 - Email the address: info@walksmartvirginia.com
 - Put Walk Smart Virginia in your subject line
 - In your e-mail message, request a password to register your class.
2. To register your class: (The link to the registration Web site is given when you get your password via email)
 - Go to the website (Password = wsv795): http://www.walksmartvirginia.com/default_register00_teacher.aspx
 - Fill in the requested information (Create a Username and Password and write it down)
 - Register your first class *See note below: Registering Classes.
 - After registering you will get to a site with instructions. Print out screen (instructions)
 - Print out the Student Registration Sheet (You can either print it from the Web site or download the file and then print.)
 - To register additional classes
 - a) Click Teacher Log In at the top of the Web page
 - b) Type in your User Name and Password
 - c) Click the link to Sign up additional classes
 - d) Fill in the information for each of your classes

NOTE: Registering Classes (Since it is possible that all 4th grade classes are at 9:30 a.m., e-mail Walk Smart Help and they will return a message that Class Names/Times can be modified as long as you stay within 15 characters. Put PE_Barton for the Class (Barton = classroom teacher) and M 9:30 a.m. (to indicate day of week/time) for Time. After you set up the classes, they will appear in a drop down box so students will be able to select the correct Class/Time when they register. If you have already entered your classes and want to go back to change them, go to the Teacher Log In link and when you log in you will see your classes listed on the Teacher Administration web page. Click on Edit beside the class (es) you want to change.

3. Register as a Student (Follow the directions on the Student Registration Sheet that you just printed out in step 2.4.)
 - Go to the Student Registration link on the WSV home page (on left side of window) Password = wsv795
 - Register as a student in your class that you have set up. Use your name and enter your personal information (including height/weight/age, etc).
 - Select Username and Password and write it down. (You can use the same username and password as you did for the Teacher Registration. That makes it easier to remember. Note: In the student registration, it automatically enters the student's first name as the User name. I changed it (before submitting registration) to the username I used for the Teacher registration.) You might want to warn students because if you have 2 students with same first name in a class and they don't change it, there might be some problems.
 - Print Screen for Instructions
4. Log in as a Student
 - Go to Student Log In
 - Log in with your student name/password
 - Go to: Log My Steps (Note: You have to log in for each date that you have recorded.)
 - Enter (Pedometer: LS2505; Date, # Steps, Exercise Time)
 - Click Submit and then you will be on your way.

Walk Smart, Virginia! Basics for Students

What Is A Pedometer?

A pedometer senses your body motion and counts your footsteps. This count can be converted into distance if you know the average length of your stride, and you can also calculate the number of calories you have burned. The pedometer provides you with an accurate objective measure of your daily physical activity. Wearing a pedometer and recording your daily steps and exercise time is a great motivating tool to get you moving more and sitting less!

The Walk4Life pedometer you will be using has a fulcrum type of mechanism that records movement and measures how active you are throughout different times of the day. It will record when you sit down, stand up, walk, run, etc.

Uses and Instructions for Pedometers

Step 1. Opening The Cover

Holding the pedometer upright, grasp the top of the lip with one hand and use the other hand to push the bottom (projecting portion) of the body case away from the clip, to open the case.

Step 2. Clearing the Pedometer

Press and hold the yellow reset button until the pedometer displays only ZEROS. Only reset your pedometer when and if your teacher tells you to do so.



How to Wear a Pedometer

The pedometer should be attached to your belt, slacks, shorts, or warm-up pants directly over the center of your kneecap and parallel to the ground.

The pedometer will not give accurate readings if it is tilted to one side or the other. You may have to experiment to find the best placement for your body type. Try out different positions along the waist, counting the number of steps you take, and comparing that number of steps to what the pedometer reads. If you find the pedometer is recording too many steps, move it towards your navel, away from your hip. If you find the pedometer is not recording enough steps, try moving it closer to your hipbone. Do a simple walk test until you find the right zone for you. Remember to put the pedometer on first, and then re-set it just before starting to walk. In order for the pedometer to record steps correctly, it must be completely closed.



Safety Strap

The safety strap with the alligator clip helps to eliminate the possibility of damage or loss. It should be worn at all times. To attach the strap:

- Slide one side of the Velcro strap through the back of the belt clip.
- Velcro the ends of the strap together.
- Push the slide noose down towards the back of the pedometer.
- Put the pedometer on your waistband.
- Attach the alligator clip to your waistband adjacent to the pedometer.

Your Body Needs to Move at Least One Hour a Day!

- ✓ Walking is the single most beneficial, all-purpose physical activity for most of us.
- ✓ Walking treats the body with great respect, placing just the right amount of stress on the joints.
- ✓ Walking enhances social, spiritual, and emotional health, as well as physical conditioning.
- ✓ Walking helps maintain muscle mass, metabolism, and bone density while helping reduce one's risk of heart disease, hypertension, high cholesterol, diabetes, and cancer.
- ✓ Walking does not cost a penny.
- ✓ Walking can be done by just about everyone, anytime, anywhere.

Walking has quickly become America's #1 participation sport. It boosts your creativity and builds fitness without straining your joints. Even at the slowest pace, walking can help prevent osteoporosis, reduce your chances of heart disease, lower blood pressure, and strengthen your muscles. Remember to take the stairs instead of the elevator!

Walking Safely-Some Tips

- Choose safe routes and walk with a friend.
- Protect your eyes and skin.
- Choose clothing that is right for the season.
- Stay hydrated by drinking at least 5 ounces of fluid for every 15-20 minutes of exercise.
- Warm-up and cool-down.
- Progressively increase time, duration, frequency, and intensity of your walks.
- Wear shoes that fit and feel comfortable. Your shoe's heel counter should be firm, vertical, and fit your heel with minimal up and down movement.

Stretching For Fitness & Safety

Stretch before and after your walking workout. Stretch only until you begin to feel the muscle pull - not to the point of discomfort - hold the stretch for 20 seconds. The following stretches are recommended:

A. Achilles and Calf Stretch:

Put both hands on a wall. Place your right foot about 12 to 18 inches behind your left, making sure both feet are pointing straight ahead. Lean forward and bend both knees, making sure that your right heel stays on the ground. Hold for 10-20 seconds and switch legs. Still leaning against the wall, extend your back foot another 12-18 inches. Your back leg should be almost straight behind you. Lean forward from

the hips, keeping your torso erect. Make sure your back foot stays flat against the ground. Hold for 20 seconds, then switch legs.

B. Butterfly Stretch:

Sit with your back straight. Put soles of feet together and let your knees drop toward the floor. Place your elbows on the inside of your knees, your hands on your ankles, and lean forward slightly. If this position is difficult for you, slide your feet farther away from your body. Hold for 20 seconds.

C. Quadriceps (Thigh) Stretch:

Stand facing a wall, tree, etc. Lean against it with your right hand. Grab your left ankle with your left hand and tuck your heel into your buttocks. Hold for 20 seconds, making sure that your bent knee is pointed straight ahead and that you are not leaning off to one side. Repeat with your right leg, leaning on your left hand.

D. Hamstring Stretch:

Sit with one leg extended straightforward, toes pointed up. Place the other leg forward with the knee bent and the sole of shoe touching the inner side of the knee of the fully extended leg. Slowly bend forward and attempt to touch the extended leg's toes and hold for 20 seconds. Repeat with the other leg.

How Far Have you Traveled?

Measure your stride length to determine how far you travel with each step. Using a tape measure, walk 10 steps, measure the total distance and divide by 10. For example, 21 feet would translate into a 2 foot 1 inch stride length.

Eat Smart to Play Hard!

- ✓ Eat five fruits or vegetables a day
- ✓ Drink low fat milk (1% or skim)
- ✓ Drinks lots of water
- ✓ Eat regular-sized portions-not super sized
- ✓ Eat snacks that are low in fat and sugar

How Many Calories Do Active Teenagers Need a Day?

- Girls need 2200 calories and 73 grams of fat
- Boys need 2800 calories and 93 grams of fat

WALK SMART, VIRGINIA! Web Site

Detailed instructions on how to use the site are located on the home page at www.walksmartvirginia.com. The Web site developers designed this interactive tool to help you to evaluate your physical activity level and calorie intake.

You will learn to monitor and adjust your level of physical activity on a daily basis using pedometers and a Web-based monitoring system. You will learn to set realistic goals, and on a regular basis, log your daily step counts on the Web site. You should try and record the total number of steps you take each day, including weekends, on your written log at the same time every night, around 7 or 8 p.m. As you log your steps, you will move along a virtual timeline. As you move along the route you will encounter milestones that will provide you with information about the Commonwealth of Virginia, basic nutrition, and other fun and important facts.

The registration process is very simple and should only take few minutes. You will fill in the basic information, such as your name, school, teacher favorite activity, and eating and sleeping habits. You will also be asked to enter your weight and height. Height and weight will be used to help you establish an energy balance. You will analyze your calorie intake and compare it to calorie expenditure, and then set goals. Once you have completed the registration process, you will be assigned a Username and Password to log into the Web site.

On a regular basis, you will log onto the Walk Smart, Virginia! Web site, and click on the "Log In" link. When entering information, you will be asked to enter your user name and password and click the submit button. After clicking the button you are taken to your "Welcome" screen. This screen is where you can access all your information. The links they will see are: Log Steps, Diet Diary, Daily Journal, My Goals, Places I've Been, Bonus Items and My Statistics.

To enter your daily step counts, click on "Log Steps" and enter in your information in the appropriate fields. When our are done entering your information, click the "Enter" button. Once you have entered your steps you can explore the other links and become familiar with the Web site.

As your record your steps you will also be taking a virtual journey through Virginia. You will explore historic battlefields, small towns and learn about nutrition and health facts at different milestones.

During the Journey

During your journey you can click on the "Statistics" link to see how you are doing from day-to-day, week-to-week, or month-to-month. You can see whether you are reaching your personal goals, which days you are more active, and analyze your activity levels.

At the End of Your Walk

Once you reach their goals, your teacher will review your accomplishments and discuss the benefits of proper nutrition and being physically active.

Governor's Million Step Award

When you reach one million steps, you will be eligible to receive the Governor's Million Step Award!

Program Benefits

Fit kids are better learners! Not only will you feel good and look good, you will do well in school and sports.

Fun Tips To Get Into The Stride

- Take the stairs instead of the elevator.
- Walk the dog even if you don't have a dog.
- Organize a family walk.
- Listen to music while you walk.
- Take a walk on the park or the mall.