

Healthy PSU Walks NH 2014

Frequently Asked Questions for Walk Participants

1. What is Walk New Hampshire Week 2014?

Walk NH Week is an event designed to get people of all ages walking. Its goal is to encourage individuals to participate in a work-site or community walk from June 1st to June 7th and to inspire them to continue walking as part of a healthy lifestyle long after the event ends.

2. Who can participate in Walk NH Week 2014?

This event is for PSU faculty, staff and even family members!

3. Who is hosting this event? When and where will the walk take place?

Healthy PSU is hosting this event on June 4th at Noon, meeting in front of the HUB.

4. How far will the walk be and what will the route be like?

The walk route is set for 2 miles around campus. The terrain is mostly flat with a few small, short hills and would be classified as not difficult. Maps will be provided the day of the event.

5. How will I know where to walk? Will somebody be leading the way?

Our Healthy PSU Wellness Champions will be leading the way and following the last walker. There will also be marker signs along the route, including signs at the quarter-way and half-way points.

6. What if I can't make it all the way?

You can walk the entire route or stop when you want to.

7. Can I still participate if I'm physically challenged?

Yes. If you are unable to walk two miles, let a Healthy PSU Wellness Champion know before you start the walk. He/she can suggest a place to turn around.

8. How do I sign up to participate?

A Team Captain will enroll your team to participate in the June 4th on-campus Healthy PSU Walks NH event. However, individuals and/or teams can decide if they want to walk the entire month of June.

9. What will I need for the walk?

Comfortable walking shoes, a hat, sunscreen, water bottle etc.

10. What if it rains?

We will walk rain or shine, bring your umbrella and dress accordingly.

11. Why are we forming walking team's on-campus?

The goal is to keep walking regularly after Walk NH Week is over. Research shows that people are more likely to continue healthy behaviors if they have a good support system. Therefore, **individuals or teams can choose to walk either 70 miles (the width of NH) or 190 miles (the length of NH).** Each participant can download a [log book](#) from the Walk NH website to record their walking. Those reaching their chosen goal, can submit their logbook to receive a 'I Walked NH' patch and a certificate signed by the NH Governor. **Healthy PSU will also reward prizes to teams that reach their goals. If your team is planning to take the challenge of walking the month of JUNE please report your total miles to healthy-psu@plymouth.edu by July 1st.**