

# Crestwood Walks Across Canada



This project will challenge the entire school community (students, teachers, staff, principals and parents) to collect “foot-steps” or “kilometers” over the school year in order to travel from one end of the country to the other. As schools work through the challenge, they will track their progress on the map of Canada posted on the Physical Education bulletin board. Each participant will require a pedometer.

Objective:

1. To integrate walking into peoples daily routine
2. Encourage people to be more active
3. To understand the benefits of walking and establishing a healthy active lifestyle

Team Options;

1. You may compete in a race across Canada as an individual.
2. You may compete as a group of 4
3. You may compete as a homeroom

There will be a winner for all three team options.

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How to determine distance travelled?

Progress in the Walk Across Canada will be determined by the number of footsteps taken.

1. Each person must purchase a pedometer.
2. Each person must walk a 1 kilometer route (2.5 laps of the track) and record the number of steps on their pedometer.
3. It will take 7428 km to walk the entire route across Canada.
4. Each person will need to figure out how many steps it will take them to complete the entire walk.
5. If you are competing in a group of 4 you must divide the 7428 accordingly so each person is expected to walk an equal distance.
6. Each time you reach a milestone indicated on the map of Canada, you will place a push pin with your name or team name of the Map of Canada.

Example for an individual competitor;

It takes Sara 2,000 steps to walk 1 kilometer. Sara must therefore walk 14, 856, 000 steps to complete the entire walk. (2000 steps x 7428km).

Example for a group of 4;

It takes each participant 2,000 steps to walk 1 km. Each person would have to walk 14, 856, 000 steps to complete the entire walk. (2000 steps x 7428km). If you divide this amongst the group of 4 each member must walk 3,714,000 steps to walk their share of the route across Canada. (14,856,000 / 4)

Example for a group of 8;

It takes each participant 2,000 steps to walk 1 km. Each person would have to walk 14, 856, 000 steps to complete the entire walk. (2000 steps x 7428km). If you divide this amongst the group of 8 each member must walk 1,857,000 steps to walk their share of the route across Canada. (14,856,000 / 8)

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FROM	TO	Distance in kms
Iqaluit, Nunavut	Yellowknife, North West Territories	2200km
Yellowknife, North West Territories	Whitehorse, Yukon Territories	2704km
Whitehorse, Yukon Territory	Victoria, British Columbia	2763km
Victoria, British Columbia	Vancouver, British Columbia	66km
Vancouver, British Columbia	Edmonton, Alberta	1244km
Edmonton, Alberta	Regina, Saskatchewan	764km
Regina, Saskatchewan	Saskatoon, Saskatchewan	256km
Saskatoon, Saskatchewan	Winnipeg, Manitoba	829km
Winnipeg, Manitoba	Thunder Bay, Ontario	715km
Thunder Bay, Ontario	Toronto, Ontario	1384km
Toronto, Ontario	Montreal, Quebec	539km
Montreal, Quebec	Quebec City, Quebec	270km
Quebec City, Quebec	Fredericton, New Brunswick	586km
Fredericton, New Brunswick	Halifax, Nova Scotia	346km
Halifax, Nova Scotia	Charlottetown, PEI	232km
PEI, Charlottetown	St. John's, Newfoundland	1294km

## Why Should You Participate In the Walk Across Canada



- It's fun
- It's easy
- It provides participants with a goal to work towards
- It's a way for all participants to increase their physical activity levels – not just for those that like sports
- It increases participants awareness of the importance of physical activity
- It reinforces that physical activity does not have to be difficult to be beneficial
- It helps create a school environment that is a healthier place to learn

### Benefits of Walking

- Physical Benefits – walking can build and maintain healthy bones, joints and lean muscle. It also helps control weight and reduce fat. Regular walking for kids may help prevent or delay the development of high blood pressure. For students regular physical activity has shown to increase attentiveness throughout the day. This could potentially prove to improve academic success.
- Emotional Benefits – Walking helps to boost self-confidence and improves self-esteem, body image, and control over other aspects of life such as relationships and school.
- Psychosocial Benefits – Walking is a great way to get motivated. Walking provides opportunities to meet new people and partake in a variety of

activities. Walking programs for students will improve health and set patterns that will carry with students into adulthood.

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### How to Use Pedometers;

The pedometer records the number of counts or steps taken while walking or running. When your foot hits the ground, it produces an impulse that transfers to the pedometer case, which then causes the pedometer to record the footstep.

- Wear the pedometer on your waist belt or waist band over the leg of your dominant foot
- Position the pedometer about half way between the navel and the hip



