**100 Mile Challenge 2017**

**Week 4**

**Newsletter**

**Frequently Asked Questions**

1. When do I turn in my log?
   1. They are turned in at the end of the challenge either at the Move More Montgomery Festival or via email. To [joanne.roberts@montgomerycountymd.gov](mailto:joanne.roberts@montgomerycountymd.gov).
2. How are prizes awarded?
   1. The prizes are given out by a random drawing like a raffle.  Each participant has a number and we use a random number generator to select the number that wins for that week, but you have to complete the challenge and turn in the log to pick them up!!!

**10 More Ways to get in 2,000 steps or 1 mile at home**

Small changes in your daily activity can quickly add up to 2,000 extra steps or more! No one tip, by itself, will equal 2,000 steps, but selecting a few each day will get you well on your way!

1. **Benefit a good cause by joining a charity walk**
2. **Walk to your place of worship for services**
3. **Mow the lawn**
4. **Walk around your house while talking on the phone**
5. **Buy a walking video so you can get in your steps on rainy days**
6. **Experience the splendor of a sunrise on an early morning walk**
7. **Walk to a friend’s house for a visit**
8. **Try retro walking—walking backwards more evenly distributes your weight**
9. **Focus on distance over speed—it’s better to get in more steps at a comfortable pace than to burn out quickly**
10. **March in place while watching TV**