

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

Celeste Philip, MD, MPH
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

September 19, 2016

Dear Community Partner:

The Florida Department of Health in Jefferson County would like to invite you to participate in our county-wide step challenge, **“Steppin’ Coast to Coast.”** This challenge is a virtual walk across America, from Madison, Florida to Santa Monica, California. Jefferson and Madison County residents will be competing to see which county can complete 4,640,000 steps to reach Santa Monica the fastest. The challenge will take place from September 30 until December 16, 2016.

We encourage you to form teams of 5-10 members, register your team and your team members with the Jefferson County Health Department and start tracking your steps on September 30. You can form a team with anyone – colleagues in your workplace, individuals in organizations in which you are a member, or friends and family members. The health department will provide step tracking devices to participants who do not have one.

We will have a **5K Kick-Off** on September 30, 2016, at the track behind the Jefferson High School football field on Water Street in Monticello at 6:00 pm. Participants and teams will be able to register at the event, and join us for an optional 5K walk/run around the track. Our community partners will also be there along with Hands-Only CPR demonstrations and healthy cooking demonstrations.

Attendance is not required in order to register. You can register before September 30 by completing a registration package and returning it to the health department.

There will be virtual *stops* in Houston, Texas in October, and in Las Cruces, New Mexico in November, when we will celebrate the culture in these areas and update participants on the progress of the challenge. We will have a closing event in early January. Locations for these events will be announced soon.

Please join us in this step challenge and support your county and walk your way to better health. Please contact Pam Beck by phone at (850) 342-0170, extension 2061, or by email at Pam.Beck@flhealth.gov if you have questions or need more information.

Sincerely,

Jennifer Johnson
Administrator

Florida Department of Health in Jefferson County

JJ/pdb

**Florida Department of Health
in Jefferson County**

1255 W. Washington Street, Monticello, FL 32344
PHONE: 850/342-0170 • CLINIC FAX: 850/342-0257
ADMIN/EH FAX: 850/342-0314

FloridaHealth.gov



Accredited Health Department
Public Health Accreditation Board

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

Celeste Philip, MD, MPH
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

Steppin' Coast to Coast
Consent, Waiver, Assumption of Risk and Release of Liability

I, _____, understand that participation in the Jefferson and Madison County Healthiest Weight *Steppin' Coast to Coast* Step Challenge ("Event") presents certain risks and hazards including, but not limited to, falls, slips, muscle strains, sprains, bruises, broken limbs, dehydration, serious medical problems, hazards along the route, vehicular traffic, and other ordinary risks associated with strenuous physical activity, including death. I acknowledge that I understand that I should consult with my physician prior to engaging in any physical activity. I do not have a past or present medical condition that may be affected by participating in this Event or that I have obtained clearance from a physician before participating in this Event. I understand the seriousness of the risks involved in participating in this program, my personal responsibilities for adhering to rules and regulation, and I voluntarily accept and assume all risks involved with this Event as a participant, including any injury or accident which may occur to me or my property.

In consideration of value received by the right to participate in Florida's Healthiest Weight *Steppin' Coast to Coast* Step Challenge, I, for myself, my attorneys, heirs, executors, administrators, successors and assigns, do hereby waive, release and forever discharge the State of Florida, Department of Health, and its employees, agents, volunteers and/or contractors assisting with this Event (hereinafter the "Released Parties") from all manners of action, causes of action, suits, debts, damages, claims, expenses, and liability of any type or kind whatsoever arising from or in connection with this Event, including acts of negligence by the Released Parties. Further, I agree to indemnify and hold harmless the Released Parties from and against all liability, claims, suits, demands, damages, judgments, costs, and expenses, including reasonable attorney's fees, to which any of the Released Parties may be subject by reason of any claim arising from or in connection with this Event.

I also acknowledge and give my consent to release the use of any images of me obtained during this Event to be used in any publication or news release promoting or reporting on this Event.

I have read this Consent, Waiver, Assumption of Risk and Release of Liability, fully understand its terms, understand that I give up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Participant's Signature

Participant's Printed Name

Date Signed

Parent or guardian consent for children under 18 years of age:

I agree to allow my child, _____, to participate in this Event. I have read the above-stated consent, waiver, assumption of risk, and release of liability and agree to its terms. I represent that my child is in good physical condition and able to participate.

Parent/Guardian's Signature

Parent/Guardian's Printed Name

Date Signed

Florida Department of Health

in Jefferson County

1255 W. Washington Street, Monticello, FL 32344
PHONE: 850/342-0170 • CLINIC FAX: 850/342-0257
ADMIN/EH FAX: 850/342-0314

FloridaHealth.gov



Accredited Health Department
Public Health Accreditation Board

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

Celeste Philip, MD, MPH
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

**CONSENT, PERMISSION AND RELEASE
FOR USE OF PHOTO, VIDEO AND/OR AUDIO**

I hereby give consent and permission to the Florida Department of Health (DOH) to record the appearance, physical likeness and/or voice on videotape, on film, or digital video disk, or other means, and/or take photographs of the appearance of (print name) _____, age (if minor) _____.

Notwithstanding any prohibition as may be contained in Section 540.08, Florida Statutes, I hereby freely and voluntarily consent to the use and publication of my name, participation, picture, and/or likeness by the DOH and/or its employees and/or agents, as well as the entity seeking this consent, and photographs, video and/or audio for any and all purposes including, but not limited to, educational, promotional, advertising, and trade, through any medium or format, including, but not limited to, film, photograph, television, radio, digital, internet, or exhibition, at any time from this date forward until I revoke this consent in writing.

I acknowledge that the DOH is the sole owner of all rights in, and to, this visual and/or sound production and/or photograph(s) and the recordings, thereof, and that it has the right to use or reproduce the resulting images and/or sound as often as it finds necessary. I acknowledge that the photographs, video and/or audio may be used indefinitely by television, radio, newspapers, magazines, newsletters, brochures, Internet, intranet, or in other media once released.

The DOH has the right, among other things, to edit and/or otherwise alter the visual or sound recording, or photographs, as needed. I understand I will receive no compensation for the appearance of the above-named person or for participation in said productions. I agree to hold the DOH, its employees and other parties harmless against claim, liability, loss, or damage caused by, or arising from, my participation in this production.

I have read this Consent before signing and fully understand the contents, meaning and impact of this consent. I understand that I am free to address any specific questions and have done so prior to signing this Consent.

Name: _____

Address: _____

Telephone Number/Email address: _____

Signature of Subject: _____ Date: _____

Required if Subject is under age 18:

Name of Parent/Legal Custodian: _____

Signature of Parent/Legal Custodian: _____

Witness Name: _____

Witness Signature: _____ Date: _____

I am revoking this consent.

I understand that every effort will be made to remove the item from the site within a reasonable timeframe. I also understand that this file may have been copied without permission, and I agree not to hold the Department of Health responsible for instances of these violations.

Signature: _____ Date: _____

Walking



Drink Up: Getting the Water Your Body Needs

By **Lisa Rome**

Published 10/19/2010

TEXT SIZE  

Did you know that you can live a lot longer without food than without water? "Simply put, without water, there is no human life as we know it," says Donald Kirby, MD, director of the Center for Human Nutrition at the Cleveland Clinic. Our bodies use water for a myriad of essential functions. On the cellular level, water carries nutrients and oxygen to cells and helps the body absorb minerals and other nutrients. It's responsible for supporting many bodily systems, including metabolism, protecting body organs and tissues, and providing a moist environment for mouth, eye, ear, nose and throat tissues. On a large scale, it regulates body temperature. Staying in tune with your body's need for water can also help with weight loss. Oftentimes it's easy to mistake thirst for hunger. Drinking more water may curb your appetite and help you reach your diet goals.

Getting the H₂O You Need

While there is no hard and fast rule for the amount of water an individual should drink in a day, you can still figure out how much your body may require. You may have heard the commonly used 8 x 8 rule (drinking eight 8-ounce glasses a day). It's a fair place to start, but this rule doesn't account for individual needs, which vary based on body weight, activity level and environment. To determine how much water *your* body needs, take your weight and divide it by two. This will give you the daily value of water in ounces. For example, a person weighing 150 pounds needs to drink 75 ounces a day.

Certain conditions require you to increase your water consumption, including exercise, climate and physical condition:

- **Before, during and after physical exercise.** Basically, the more you sweat, the more water you need to replace. But don't rely on feelings of thirst to get you guzzling. By the time you're thirsty, you're already dehydrated! Follow the American Council of Sports Medicine's recommendation for hydrating when you exercise:

1–2 hours before: Drink 12–16 ounces of water.

10–15 minutes before: Drink 12–16 ounces of water.

During: Drink 3–4 ounces every 15 minutes.

After: For 30 minutes after exercise, drink 12–16 ounces for every pound lost through sweat during exercise. To calculate, weigh yourself before and after your workout.

No need to hydrate with electrolyte-enhanced, high-calorie sports drinks unless you exercise for more than an hour. If your workout is less than an hour, water is all you need.

- **In hot climates and high altitudes.** High temperatures and altitudes cause water to evaporate off of the body faster. In high heat, water helps cool the body through sweat. The more sweat you produce, the more water and energy your body burns, and the more you need to replace. If temperatures are extremely high, sweating is not enough to regulate body temperature and exercise can be dangerous. In these cases, drink more water (as much as 96 ounces), stay in a cool area, and avoid strenuous activity.
- **For illnesses or health conditions.** For individuals with medical conditions, such as congestive heart failure, kidney disease or failure, or cirrhosis of the liver, excess fluid intake can often

Also in Walking

INTRODUCTION

 **Reaching 10,000 Steps**

 **Walk This Way: Four Walkers, Loads of Inspiration**

 **5 Great Reasons to Walk**

Try This

Purchase an environmentally friendly stainless steel water bottle. They're easy to clean, better for your health (no phthalates, as found in plastics) and available in fun designs. Carry it around with you throughout the day so you can sip before you get thirsty.

exacerbate the underlying disease, says Dr. Kirby. It's important to work with your physician and perhaps a registered dietitian to find the optimal fluid intake for you. You can tell when there is an imbalance of fluid in your body when you can press a finger on your feet, ankles or legs and make an impression. This is called "pitting edema" and represents a total body excess of salt and water. If you notice this, bring it to your doctor's attention immediately.

- **During pregnancy or breast-feeding.** An undernourished and fluid-deprived mother can't make sufficient milk to adequately nourish and hydrate an infant. When you're pregnant, your body needs three liters (101 ounces) of water a day. When you're breast-feeding, try to get 3.8 liters (128 ounces) a day.

Food Helps Hydrate Too

Drinking water isn't the only way to stay hydrated. Specific foods account for about 20 percent of your total water intake in a day. If you're trying to increase your water consumption, look to fruits like watermelon to help get the amount you need. Vegetables like tomatoes, lettuce, cucumbers, zucchini and radishes all contain over 95 percent water. You can drink beverages like coffee and tea to help with water intake, but water is always your best bet. If you prefer flavored beverages, try water with a slice of cucumber, lemon, orange, or a sprig of mint for a fresh taste.

The Dangers of Dehydration

Knowing the signs of too little water can save you from serious illness. Mild dehydration starts with a feeling of thirst. Other signs mean dehydration is intensifying. Watch out for: dark yellow urine, headache, dizziness and lightheadedness, especially with a change in position such as going from sitting to standing. As dehydration progresses, you may notice that you can't think well and that you feel tired. You may even notice a decline in hand-eye coordination and control of other parts of your body. You may detect muscle weakness and memory loss. If it seems that dehydration may be causing these symptoms, then you should begin increasing your fluid intake. And just as important, try to determine what factors caused this event so you can address the problem.

Hopefully you'll never experience what's known as severe dehydration. It, too, starts with a feeling of thirst, but one that's extreme. Urine may turn amber or brown, or you may have little to no urine at all. You may get dry, cracked lips, dry mouth, dry skin that looks parched and sunken eyes. You'll notice that your body stops sweating (there's no water!). Irritability and confusion, low blood pressure, feelings of heart racing or rapid beats are other symptoms. You can have a fever, and in serious cases of dehydration, you may be delirious or lose consciousness. These would be the signs and symptoms of a medical emergency, and you should seek immediate medical care. This type of dehydration is more common in severe conditions — for example, in extreme heat with physical exertion or with medical illnesses such as excessive vomiting and diarrhea.

Tags: [water](#), [exercise](#), [dehydration](#)

Next in Walking:  [Reaching 10,000 Steps](#)

the walking site

- [Beginner Walking](#)
- [Clubs & Groups](#)
- [Cross Training](#)
- [Events & Training](#)
- [F.A.Q.](#)
- [Injuries](#)
- [Marathon Walking](#)
- [Motivation](#)
- [Nutrition](#)
- [Racewalking](#)
- [Shoes & Gear](#)
- [Stretching](#)
- [Treadmill](#)
- [Walking Store](#)

WARM UPS AND STRETCHING

Warming up, cooling down, and stretching are very often neglected by walkers and runners, or done incorrectly. However incorporating these elements into your workout routine will make workouts easier, improve performance, and decrease your risk of cramps and injury.

Every workout should be performed in the following sequence:

- 1) Warm up with easy paced walking and/or dynamic flexibility exercises
- 2) Walk or crosstrain at your desired pace
- 3) Cool down
- 4) Stretch

1) Warm up - Warming up is exercising at a lower intensity in order to get the blood circulating and let your body know that you are preparing for exercise. You can warm up by walking and gradually increasing your pace over a period of about ten minutes. The faster you plan to walk the more time you will need to dedicate to your warm up. There are many different dynamic flexibility exercises that can be used as part of your warm up. Here are a few to try:

Toe points -- Stand on one leg and lift the other foot off the floor. Gently point your toe and hold for a few seconds. Next flex your foot pointing your toes up. Do this five or ten times on each foot.

Ankle Circles -- While standing on one leg lift the other foot off the floor. Gently point your toe and rotate your ankle. Do about ten circles in each direction. This exercise can be performed while standing, sitting, or lying on your back with leg raised.

Overhead Reach -- Stand with your feet hip distance apart. Reach up with one arm and then reach over your head and to the opposite side. Keep your hips steady and your shoulders straight. Relax and repeat with the other side.

While standing on one leg lift the other foot off the floor. Gently point your toe and rotate your ankle. Do about ten circles in each direction. This exercise can be performed while standing, sitting, or lying on your back with leg raised.

The Twist -- Stand with your feet shoulder width apart and your arms straight out, parallel to ground. Keep your lower body stationary while swinging your arms from side to side. Do this several times to loosen up your waist, back, and shoulders.

Arm Circles -- Hold your arms straight out to your side parallel to the ground. Make small circles going backward, gradually getting larger and larger. Rest for a second and do the same thing in the forward direction.

As you improve your pace you may wish to include more flexibility exercises into your routine. This becomes more important on your fast/hard workout days. For more flexibility exercises and drills visit racewalk.com.

3) Workout - Now that you have warmed up you should be ready to complete your walk at your normal walking pace. For the first few weeks do not push too hard. Your breathing should be elevated, but you should not be gasping for air. A rule of thumb that works for most people is... If you can not talk you are walking too fast, if you can carry a tune you are walking too slow.

4) Cool down - At the end of your walk you need to walk at a slower pace to cool down. The harder you have worked out the longer you should cool down. In the beginning your walks are very short and you only need to cool down a couple of minutes. As your walking time and intensity extends so should your cool down period.

5) Stretch - Start off right and take the time to stretch AFTER every workout. In the beginning your total post walk stretching routine should take about 5 minutes. As you increase distance and pace you will probably need to stretch longer.

The stretches we recommend post workout are called static stretches. These are stretches where you gently go into the stretch and hold the position. There are so many stretches it is impossible to cover them all. Be sure to stretch all the major muscle groups, and put extra focus on problem areas. Find a few recommended stretches below:

Calf Stretch -- Stand on your toes on a step or curb. Hold on to something for balance. Remove your left foot and slowly allow the right heel to move down. Hold this position. Be sure to keep you body upright and straight. Release and repeat on the other side.

Another calf stretch -- Take a big step forward with your left foot, keeping you right heel on the ground. Hold the position and repeat on the other side. Be sure to keep your body upright and your abs tight, do not arch your back.

Shin Stretch -- Standing up, hold on to a stationary object. Stand with your weight on one leg and straighten it. Place your other foot on the ground, with toes pointed and your toenails toward the floor. With the tops of your toes touching the ground, roll your foot and leg forward, from the ankle. Release and repeat on the other side.

Hamstring and Lower Back -- Slowly bend forward from your waist with your knees slightly bent. Reach for the floor and hold. Only bend as far as comfortable.

Support The Walking Site



shop now

Use the link above for all of your Amazon.com purchases. It cost nothing extra and helps us with the cost of maintaining this site. Thanks!

JOIN THE WALKING SITE
COMMUNITY

Outer thigh and buttocks and spine -- While lying on your back bring your right knee up. Place your left hand on your thigh and gently pull it over to your left side. Do not pull at the knee. Your shoulders, left leg and back should remain flat. Pull gently. Then repeat on the left side.

Lower back -- While lying on your back, bring both knees up towards the chest with the hands. Round the lower back and relax into the stretch. Don't do this stretch on a hard surface...it will bruise the spine!

Quadriceps Stretch -- Standing up, hold on to a stationary object. Bend your right knee, bringing your foot toward your buttocks. Keeping your left knee slightly bent, grasp your right ankle with the opposite hand. Slowly pull your leg up and back, bringing your foot at high as comfortable. Repeat with other leg. (To protect your knee... think of pulling the quads back rather than pulling the foot toward your buttocks.)

Shoulder Stretch -- Standing upright, cross left arm over chest. Place your right hand on your upper arm and pull arm in tight to chest. Be sure to keep shoulders down and do not pull at the elbow. Hold, and then repeat stretch with other arm.

Neck Relaxer -- Turn and look over your right shoulder and hold. Repeat on the left side. Don't hyper-extend the neck, or tilt it backwards.

Next, gently drop the head so that the ear goes towards the right shoulder and hold. Return to upright position. Repeat forward and on the left side. Keep the spine in an upright position and don't hyper-extend the neck, jerk, or tilt the head backwards.

Important rules for static stretches:

- 1) Never perform static stretches on cold muscles. The best time for this type of stretching is after your walk. If you have a problem area that needs stretching prior to your walk then you should do that stretching AFTER a complete warm up.
- 2) Do not bounce. Go into a stretch slowly and hold gently. Stretch to the point of feeling a gentle pull, but never to the point of pain
- 3) Hold each stretch for 30 to 40 seconds. If you have problems with a particular area stretch that area twice. (Hold for 30-40 seconds release, then stretch again.)

[Home](#) / [Search](#) / [Shopping](#) / [Community](#) / [About](#) / [Blog](#) / [Disclaimer](#) / [Contact Us](#)

© by TheWalkingSite.Com 1998-2016. All rights reserved.

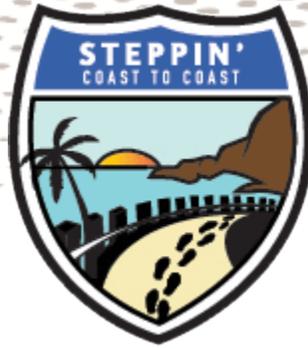
HOW DO YOU GET TO 10,000 STEPS A DAY? ONE STEP AT A TIME.

So how can you cram that much walking into a typical day? Let us count the ways – starting with counting your steps:

1. **Track your steps:** Use a device like a Fitbit, Nike Fuel Band, or Jawbone to track your steps, or download an app like MapMyRun that will track distance. Five miles is roughly the equivalent of 10k steps a day.
2. **Park far away:** Instead of fighting for the front parking spot, go ahead and park in the back of the lot. You'll rack up more steps walking from your car to the door.
3. **Walk and talk:** Whether you're taking a conference call, or catching up with your mom on the phone, don't just sit on the couch! Walk up and down the hallway to add more steps to your day.
4. **Set a reminder:** Set an alarm on your phone or computer to remind you to get up and move during the day.
5. **Split your lunch hour:** Find a buddy and take a stroll after you eat to shake off that post-lunch slump.
6. **Branch out:** Instead of meeting a friend for coffee, take a walk on a greenway or go to the park. You'll be able to catch up and do something good for your health at the same time.
7. **TV timeout:** Take a station break and get up during TV commercials to move around. Whether it's to throw another load of laundry in, or to run out and check the mail, every step counts.
8. **Take the scenic route:** Make a detour and take the long way to get to where you're going. Walk an extra lap around the building, skip the short cut, or take the stairs.
9. **One-by-one:** When unloading groceries, unload them from the car one at a time. Make multiple journeys to and from the car to get your briefcase, your gym bag, and your shopping bags.
10. **Squeeze in some family time:** After dinner take a walk around the neighborhood to keep the good times rolling.

DID YOU KNOW?

Research shows that wearing a pedometer and tracking steps increases activity by 27%, and that when wearing a pedometer, people were more likely to walk an extra mile per day than they would without it. An extra mile a day can really start to add up!



Steppin' Coast to Coast Weekly Log

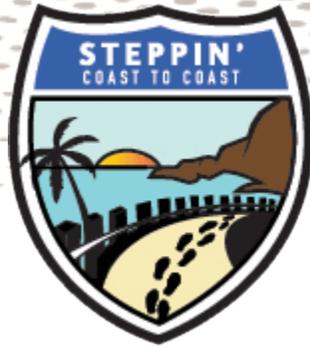
September 30, 2016 to October 8, 2016

Team Name: _____

Team Members Name: _____

Date	Daily Step Total
9/30/2016	
10/1/2016	
10/2/2016	
10/3/2016	
10/4/2016	
10/5/2016	
10/6/2016	
10/7/2016	
10/8/2016	





Steppin' Coast to Coast Weekly Log

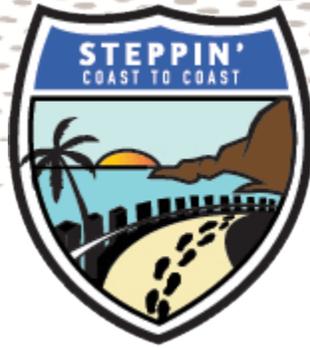
October 9, 2016 to October 15, 2016

Team Name: _____

Team Members Name: _____

Date	Daily Step Total
10/9/2016	
10/10/2016	
10/11/2016	
10/12/2016	
10/13/2016	
10/14/2016	
10/15/2016	





Steppin' Coast to Coast Weekly Log

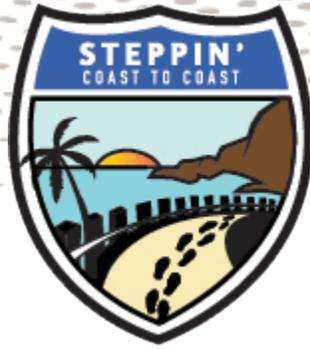
October 16, 2016 to October 22, 2016

Team Name: _____

Team Members Name: _____

Date	Daily Step Total
10/16/2016	
10/17/2016	
10/18/2016	
10/19/2016	
10/20/2016	
10/21/2016	
10/22/2016	





Steppin' Coast to Coast Weekly Log

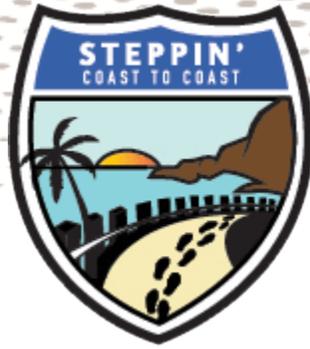
October 23, 2016 to October 29, 2016

Team Name: _____

Team Members Name: _____

Date	Daily Step Total
10/23/2016	
10/24/2016	
10/25/2016	
10/26/2016	
10/27/2016	
10/28/2016	
10/29/2016	





Steppin' Coast to Coast Weekly Log

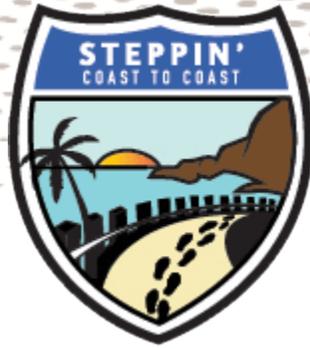
October 30, 2016 to November 5, 2016

Team Name: _____

Team Members Name: _____

Date	Daily Step Total
10/30/2016	
10/31/2016	
11/1/2016	
11/2/2016	
11/3/2016	
11/4/2016	
11/5/2016	





Steppin' Coast to Coast Weekly Log

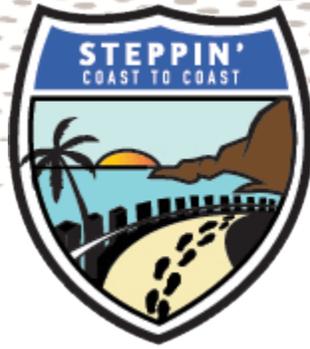
November 6, 2016 to November 12, 2016

Team Name: _____

Team Members Name: _____

Date	Daily Step Total
11/6/2016	
11/7/2016	
11/8/2016	
11/9/2016	
11/10/2016	
11/11/2016	
11/12/2016	





Steppin' Coast to Coast Weekly Log

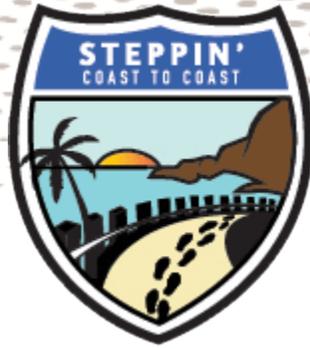
November 13, 2016 to November 19, 2016

Team Name: _____

Team Members Name: _____

Date	Daily Step Total
11/13/2016	
11/14/2016	
11/15/2016	
11/16/2016	
11/17/2016	
11/18/2016	
11/19/2016	





Steppin' Coast to Coast Weekly Log

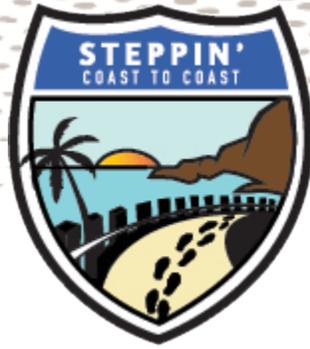
November 20, 2016 to November 26, 2016

Team Name: _____

Team Members Name: _____

Date	Daily Step Total
11/20/2016	
11/21/2016	
11/22/2016	
11/23/2016	
11/24/2016	
11/25/2016	
11/26/2016	





Steppin' Coast to Coast Weekly Log

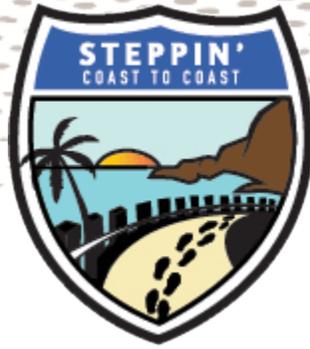
November 27, 2016 to December 3, 2016

Team Name: _____

Team Members Name: _____

Date	Daily Step Total
11/27/2016	
11/28/2016	
11/29/2016	
11/30/2016	
12/1/2016	
12/2/2016	
12/3/2016	





Steppin' Coast to Coast Weekly Log

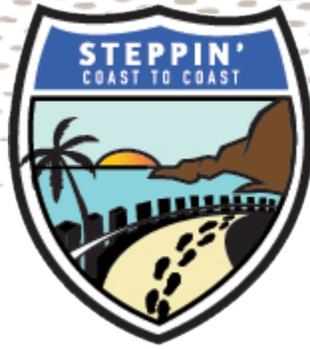
December 4, 2016 to December 10, 2016

Team Name: _____

Team Members Name: _____

Date	Daily Step Total
12/4/2016	
12/5/2016	
12/6/2016	
12/7/2016	
12/8/2016	
12/9/2016	
12/10/2016	





Steppin' Coast to Coast Weekly Log

December 11, 2016 to December 17, 2016

Team Name: _____

Team Members Name: _____

Date	Daily Step Total
12/11/2016	
12/12/2016	
12/13/2016	
12/14/2016	
12/15/2016	
12/16/2016	
12/17/2016	

