



TREAD'N MILES

RULES SHEET

***GET THREE PEOPLE FOR A HEALTHY HEART TEAM**

***MILES CAN BE ATTAINED THROUGH THE FOLLOWING:**

***1 MILE ON (A) TREADMILL IS THE STANDARD "TREAD'N MILE".**

EQUIVALENTS TO THE TREAD'N MILE ARE...

**(B) 15 MINUTES OF WALKING OUTSIDE THE FACILITY OR MILE
FOR MILE RUNNING/WALKING**

(C) 3 MILES ON A STATIONARY BIKES— ELLIPTABIKE ALSO

(D) 2 MILES OCTANE ELLIPTICAL & LATERAL OCTANE

(E) 1 MILE ON STAIRMASTER 4000PT STAIR STEPPERS

(F) 30 FLOORS ON STAIRMASTER 7000 PT STEPMILL

(G) 1500 STEPS ON VERSA CLIMBER OR 8 MINUTES

(H) 100 CALORIES OR 1000 METERS ON ROWER MACHINES

(I) 15 MIN OF CARDIO (NOT SRENGTH TRAINING) IN A GROUP EXERCISE CLASS

***RECORD YOUR CHOICE OF ACTIVITY ON THE CHARTS IN THE
FOLDER AT THE FRONT DESK BY USING THE ABOVE LETTERS)**

***A MAXIMUM OF 4 MILES CAN BE EARNED EACH DAY PER PERSON**

***MILES WILL BE ROUNDED DOWN TO THE NEAREST**

1/2 MILE EACH DAY

***THE ONLY OUTSIDE ACTIVITY THAT WILL COUNT IS
WALKING OR RUNNING ON THE WEEKDAYS.**

**ALL OTHER EXERCISES ABOVE ARE CREATED FOR
EQUIVALENTS FOR NIMKEE FITNESS'S EQUIPMENT**