

The Town of Amherst was contacted by Amherst, Nova Scotia to do a walking challenge. Amherst, NH wanted to get involved, too. We devised a walking plan, beginning tomorrow, February 1 and ending March 1, 2021. We all are starting in Nova Scotia and following a route. (A map is on the Facebook page).

If you want to join with the town employees in this exciting challenge, this is the procedure:

- Keep a record of the steps you intentionally walk from February 1 until Saturday, February 6.
- Then email your total steps to [toainfo@amherst.ny.us](mailto:toainfo@amherst.ny.us)
- To be clear, this is NOT all your steps all day. This is for intentional exercise only.
- Each week, you will report in. You will keep a cumulative total of your steps for each week.

Then you “erase” it and start again with a new total on the following dates:

February 1-6 send in by Feb 8th

February 7-14 send in by the 15thth

February 15-21 send in by 22nd

February 22-28 send in by March 1st.

You can do as little or as much as you wish. This is a fun, volunteer (let’s beat those other Amhersts) event. It’s designed to get people moving. You may accomplish your steps by doing the following:

- Measure by distance- we are calculating 1 mile as 2200 steps.
- Measure by time -brisk walking 15 minutes =1 mile, moderate pace 20 minutes=1 mile
- You may using an exercise device like a fitbit/apple watch or use your phone with a walking app. You may walk outside in a business district, on a trail, down a sidewalk, on a treadmill, loop the mall, use a track, or use a walk-at-home video like Leslie Sansone (found on YouTube)

If you are on Facebook, search Amherst to Amherst Walking Challenge and sign up for news about the challenge. We will have suggestions for you weekly as you walk.