

MILES FOR MENTORING



Official Handbook

January 2012



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INTRODUCTION

According to the Centers for Disease Control and Prevention, childhood obesity has more than tripled in the past 30 years which has led to an increase in risk factors for cardiovascular diseases such as high cholesterol and high blood pressure. The CDC acknowledges that healthy lifestyle habits such as healthy eating and physical activity can lower these risks among children. They also state that the dietary and physical activity behaviors of children and adolescents are influenced by many members of society. We feel that adult mentors are among those who can have a significant influence on children by modeling healthy behaviors and participating in physical activities with their mentees.

Miles for Mentoring is a year-long program designed to encourage our mentoring pairs to be more active when spending time together. The event starts in January of 2012 to coincide with National Mentoring Month and will continue throughout the entire year. The highlight of this program is a six-month walking challenge in which the mentoring pairs will use pedometers to track their steps during mentoring activities. Fitness-related prizes for those with the most miles are being offered as an incentive to get students to participate. Additional incentives such as water bottles, t-shirts, backpacks, etc. will be offered on an ongoing basis after the six-month challenge has ended to continue rewarding students for their efforts. These incentives will be awarded as students reach our pre-determined benchmarks (i.e. 50 miles, 100 miles, 500 miles, etc.)

To help the mentoring pairs track their progress, Community Connections Mentoring has set up a free account through the “Log It” website—an online physical activity tracking program created by P.E. Central that allows individual participants to track their progress. In addition to recording their steps, students can participate in a virtual hike across the United States with the group. Participating students can also set daily goals, view their own personal step log, and compare their steps with other kids of the same age and gender. Community members will also be able to track the progress of an individual or the entire group simply by logging on to the site.

Pedometers for this challenge will be furnished by Community Connections Mentoring. These pedometers will be loaned out to the mentors (or other responsible adult for those kids waiting to be matched with a mentor) to help assure that the equipment is used and handled properly. Special monthly group activities will be planned throughout the year to help kids earn extra miles. Mentors will be encouraged to bring their pedometers to use at these activities.

HOW THE PROGRAM WORKS

The first step to earning prizes in the Miles for Mentoring program is simply to get active. Plan an activity that will get you and your mentee moving such as walking the dog, taking a walk through the park or hiking at one of the nearby wildlife management areas.



Before you start your first activity together, make sure you get a pedometer from the staff at Community Connections Mentoring. The office is located at Lincoln Elementary School, 200 West 9th Street. Several Omron HJ-150 Pedometers have been purchased for this program. This pedometer is easy to use and has a seven-day memory, giving participants plenty of time to log their steps online. For more information on how the pedometer works and proper placement, consult the user manual at the end of this handbook.

These pedometers will only be issued to the mentors (or other responsible adult for those students who are currently waiting to be matched with a mentor). However, when doing activities together, have the mentee wear the pedometer so that it is the mentee's steps that are being recorded rather than the mentor. The steps must be recorded during an activity that the mentoring pair does together. Do not simply let the mentee wear the pedometer all day long.

To help our mentoring pairs earn extra miles, Community Connections Mentoring will be planning special activities throughout the year that will help get the kids active. Mentors are encouraged to bring their pedometers along during these activities so that their mentee can use it to earn extra steps/miles.

Prizes will be awarded to the kids who get the most miles through June 30, 2012. In addition, students will be able to earn additional incentives for hitting pre-determined benchmarks such as 50 miles, 100 miles, 500 miles, etc. See page 4 for more information on prizes and incentives.

HOW TO LOG YOUR MILES

Once you start getting active, you will need to officially record your steps in order to receive your incentives and other prizes. To help everyone track their steps we will be using "Log It," a website created by P.E. Central. We have created a group account for our mentoring program. However, each mentoring pair will have to create their own individual account.

A screenshot of the Log It website. The header says "Log It Encouraging Kids to be Physically Active, Step by Step". There are navigation tabs for Features, Preview, Register, Help, FAQs, and Contact Us. A login section is on the left with fields for Username and Password, and a Submit button. Below that are links for "New to the site? Register now" and "Forgot your password? Click here (Teachers Only)". A "Log It Store" section shows a t-shirt. The main content area features a large digital display showing "Everyone's Progress for 2011" with "TOTAL LOGGED MILES FOR ALL PARTICIPANTS" at 749,156 and "TOTAL NUMBER OF REGISTERED USERS" at 254,297. Below the display, it shows 166,701 Students Registered and 18,060 Teachers Registered. A "Prize Winners" section on the right lists the current winner: 11/28/2011 - 12/4/2011, FC REED MIDDLE SCHOOL, Bridgman, Michigan. The footer has links for "Log It Rules" and "PDF Handout".

How to Log Your Miles (continued)....

Here's how the "Log It" website works:

1. Visit <http://www.peclogit.org/>
2. Click on the "Register Here" link.
3. Choose a User Name and Password. (If you choose to use the mentee's name, you do not need to put in their full last name. A first name and initial for the last name is fine.)
4. Click the "Submit" button.
5. On the next page, complete the questions making sure to choose Nebraska as the state you are registering in. Finish by selecting "STUDENT" as your user type.
6. On the next screen, choose "NORTH PLATTE" from the drop down menu of schools on the left side of the screen. DO NOT type in the school name.
7. On the next page, choose "KARIN LANGE'S CLASS" from the drop down menu.
8. After you click the "Submit button," you will be taken directly to the Log It site where you can start logging your steps/miles.



If you do not have access to a computer with an internet connection, the staff at Community Connections Mentoring will be happy to create an account for your mentee and enter the steps for them. Simply give us a periodic report of your steps either by phone or e-mail and we will enter them for you. The miles that are logged on this site will serve as the official benchmark for each student in determining prizes and other incentives that are earned by the mentee.

When entering your steps, please make sure to select "steps" under the tally box rather than "miles." The website will automatically calculate the number of miles based on a simplified formula of 2,000 steps per mile. In addition, you and your mentee can set your own goals and track our mentoring group's progress as we take a hike to each of the 48 mainland capitals in the U.S.

PRIZES AND INCENTIVES

Prizes will be awarded to the kids who accumulate the most total miles through June 30, 2012. We have 10 prizes to award as follows: 1st - new bicycle; 2nd - "Ripstik" caster board; 3rd - scooter; 4th - new pair of running shoes; 5th - youth tennis racket; 6th - disc golf set (three discs plus carrying case); 7th - baseball/softball glove and ball; 8th - soccer ball; 9th - basketball; 10th - football.

In addition, we have incentives that will be awarded as each participant hits predetermined benchmarks. These incentives will be awarded as follows: 20 miles - certificate with photo to hang at school; 50 miles - "Try Athlete" wrist band; 100 miles - water bottle; 250 miles - drawstring backpack; 500 miles - choice of kids digital jump rope or nylon sport kite (limit of 10 prizes, five of each).

Most Total Miles

Actual prizes may vary from those shown!

MILES FOR MENTORING 



Additional Incentives

50 MILES

250 MILES

500 MILES



Incentives for 20 miles and 100 miles not pictured!

OMRON®

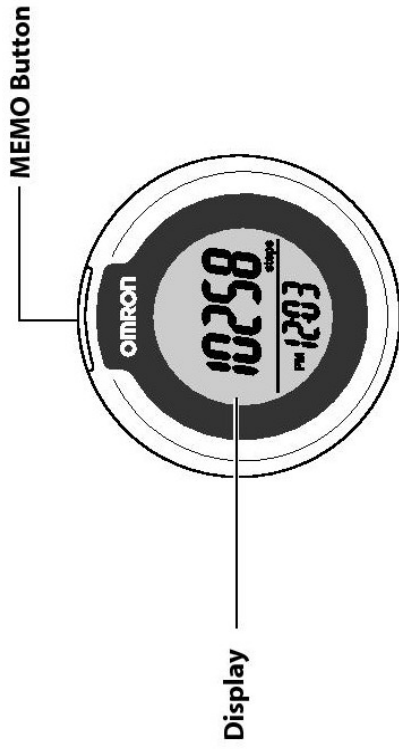
INSTRUCTION MANUAL

Pedometer
Model HJ-150

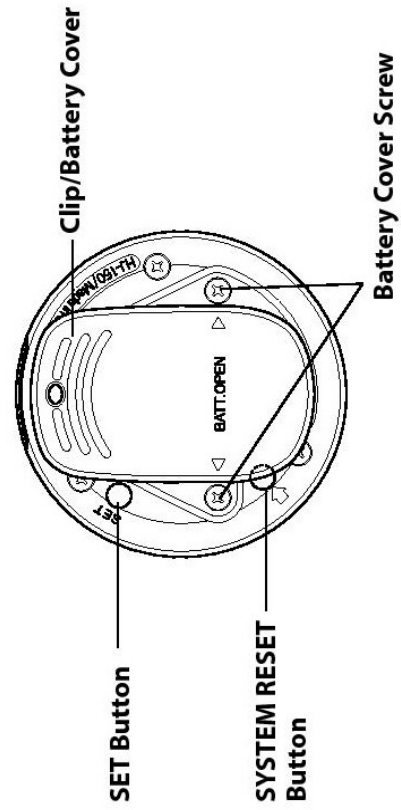


KNOW YOUR UNIT

FRONT OF UNIT



BACK OF UNIT



USING THE MEMORY FUNCTION

This unit can store and display up to seven days of previous data. The current day's data is automatically stored in memory when the time reaches 12:00AM. The display will return to 0.

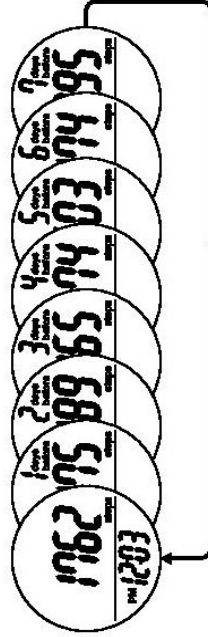
NOTE:

The time must be correctly set in the unit.

How to view data stored in the memory

Press the MEMO Button.

The previous day's data is displayed. Continue to press the MEMO Button to display all seven days of data.



NOTE:

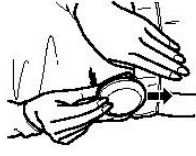
If no button is pressed for more than 1 minute, the display will return to the current day's data.

Press and hold the MEMO Button to return to the current day's data.

ATTACHING THE PEDOMETER

Attach the unit to your belt or the top of your waistband.

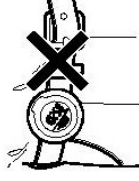
- Do not place the unit in the back pocket of your pants.



NOTE:

Press the clip open to remove the unit. The clip may cause scratches to the belt if it is attached or removed roughly, depending on the belt material.

The unit must be positioned horizontally with the ground.



When Steps are Counted

The unit determines whether you are walking continuously to avoid counting movement other than steps. It does not display the step count for the first four seconds of walking. If you continue walking for more than four seconds, it displays the step count for the first four seconds and then continues to count.

The unit may not count steps correctly in the following conditions:

- 1. Incorrect unit position**
 - When the front of the main unit is placed at an angle of less than 60° (shown to the right) or horizontal to the ground.
- 2. Walking at an inconsistent pace**
 - When you shuffle or wear sandals
 - When you fail to walk consistently in a crowded place
- 3. Irregular unit movement**
 - Standing up and/or sitting down movement
 - Taking part in sports other than walking
 - Ascending or descending movement on stairs or on a steep slope
- 4. Vibrations from a moving vehicle**
 - Such as riding a bicycle, automobile, train or bus.
- 5. Extremely slow walking**

TROUBLESHOOTING TIPS

Problem	Cause	Solution
The Low Battery Indicator blinks.	The battery is low or worn.	Replace the battery with a new one (CR2032).
Nothing is displayed.	The polarities of the battery (+ and -) are aligned in the wrong directions.	Insert the battery in correct alignment.
	The battery is worn.	Replace the battery with a new one (CR2032).
The displayed values are incorrect.	The unit is positioned incorrectly.	
	Irregular movement.	Refer to “Attaching the Pedometer” on page 9.
	Inconsistent pace.	
	Up and down movement.	

NOTE: If you suspect that the battery in your pedometer needs to be replaced, please return it to Community Connections Mentoring, and a new pedometer will be issued to you.

Please do not attempt to replace the battery yourself.

CARE AND MAINTENANCE

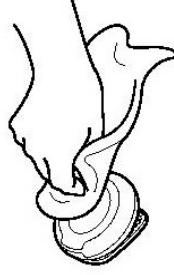
To keep your pedometer in the best condition and protect the unit from damage follow the directions listed below:

▲ CAUTION

Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.

Clean the unit with a soft dry cloth.

Do not use any abrasive or volatile cleaners.



Do not immerse the unit or any of the components in water.

The unit is not waterproof. Do not wash it or touch it with wet hands. Be careful that water does not get into the unit.

Store the unit in a safe and dry location.

Avoid the unit being exposed to direct sunlight, high temperatures, high humidity, water and/or dust.

Do not subject the unit to strong shock, drop, or step on the unit.

Remove the battery if the unit will not be used for three months or longer.

Use of the unit must be consistent with the instructions provided in this manual.