



Walks to the ISS

# GETTING STARTED

# What type of movement counts?

You can count steps or distance accumulated in everyday activity as well as specific exercise times. There are two ways to think about good healthy movement: the amount made and the frequency it is made. Moving more frequently is actually MORE important than moving a lot all at once.

10,000 steps a day, broken up over 10 to 12 hours is a good step to overall wellness.

## Can I use a bike, exercycle, or other fitness apparatus to get my distance in?

While these are certainly AWESOME activities that can be a great deal of fun and good for you, for the purpose of this walk-a-thon, all we ask that you count ONLY distance you achieve in a walking or comparable activity. You cover much more distance much faster with a bike or similar type of device, which would give you an advantage over participants who do not have access to those items.

# How do I track distance?

There are many ways to track both steps and miles. One of the most efficient ways is to use a fitness tracker such as a FitBit. These come in a variety of styles and prices and there are even ones made just for kids!



If you do not have one of these on hand, mobile devices such as cell phones and smart watches track steps/miles. You can also get a good and faithful pedometer, which is very affordable.



You can also use a mapping system online like Google Maps or MapQuest to calculate the distance between two locations. This method, however, means you may miss some of your distance achieved in daily activities.

# How do I get to 240 miles?!

I know 240 miles seems like a huge amount, but the good news is we have between 31 and 60 days to reach it! The secret sauce to success is pacing yourself.

- If you are looking for a big challenge and shooting for the Captain's chair in this journey that means you will walk 240 miles in 31 days. That is 15,484 steps per day or nearly 8 miles. **We do not recommend children trying for Captain level.**
- If you are shooting for a Pilot's or Astronaut Trainee's (< 8th Grade) level in the walk, this is much more comfortable, but still an awesome feat of fitness. This is 10,000 steps/5 miles a day.
- If you would like a nice casual journey as a Space Flight Participant, this is still an awesome journey to movement! You can walk an average of 8,000 steps/4 miles to get to the ISS in 60 Days. Try to space them out over 10 to 12 hours for maximum enjoyment and benefit.
- You can also walk in a crew which is great for families, especially with children.

Remember, EVERY STEP COUNTS, whether it is on a trail, in the grocery store, or walking in one place in your home, they are all good for you! If you are short of your goal one day don't fret, you can make it up the next day. There are always some healthy setbacks in science and fitness. Don't give up!





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**PROMOTIONAL MATERIAL**



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# JOIN US IN THE JOURNEY!

**FUN FOR THE  
PRIZES! FAMILY!  
FREE T-SHIRTS!**



Virtually walk with us to The International Space Station between February 20th and April 21st to support our ongoing mission to inspire South Eastern North Carolina and the Grand Strand in the Earth and Space Sciences . Registration begins on January 20th, and is \$25 per person, \$20 per person in teams of four or more. All registered participants have the option to receive a commemorative T-Shirt.

To learn more about joining the walk or sponsoring the event visit [museumplanetarium.org](http://museumplanetarium.org) under Special Events.





# Screen Grab to Use on Social Media



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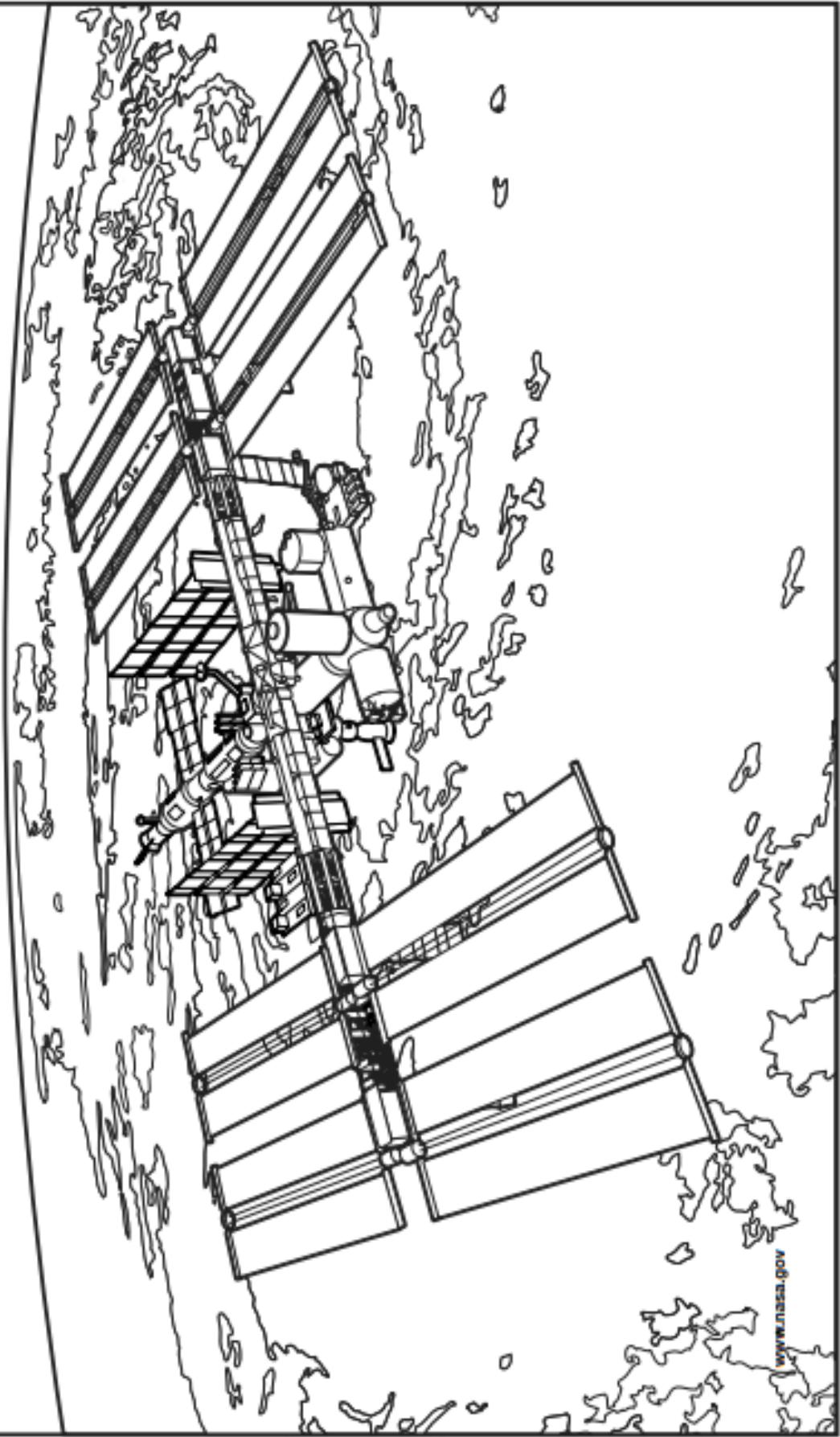
## JOIN US ON THE JOURNEY



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National Aeronautics and Space Administration

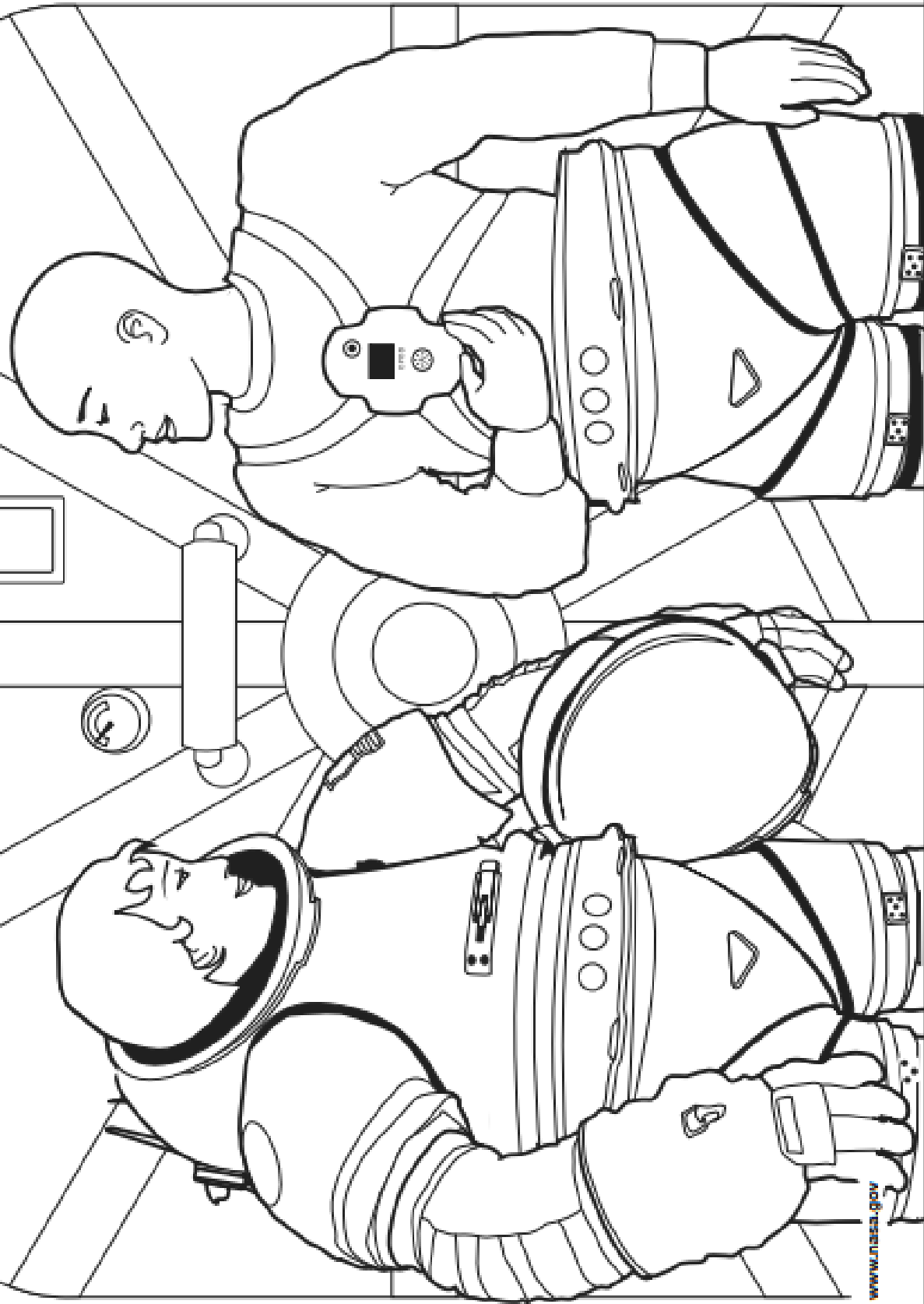


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