



RULES:

1. **Elliptical/Gliding Upright Bikes do not** count toward a walk/run.
2. **Treadmill/indoor or outdoor walk/run on foot, intended to cover a distance, counts.**
3. **Stationary/indoor or outdoor cycling, intended to cover a distance, counts.**
4. **Miles intended to cover a distance are okay. *Steps that go into walking around your home/office are not.***

Walk 1 mile to and from work every day! OKAY

Steps around the water cooler. NOT

30 minute stair climb at lunch! OKAY

Steps around the house. NOT

I'm going to count my walking miles with my dog. OKAY

Steps taking my dog outside to go to the bathroom. NOT

It's all about intention to cover a distance;

Honesty & fairness count!