

# Penguins are champion walkers



Oswald and some Clark College Walktober participants pose with their 2020 trophy.

For the first time, Clark College has won Walktober, a 31-day walking challenge between Clark College, Lower Columbia College, and Washington State University Vancouver.

Participants used fitness trackers and mobile apps to track steps and entered their daily activity on a Walktober log. The school with the most steps, Clark College, is presented with a trophy (and bragging rights).

The following three

Clark winners will be awarded prizes for taking the most steps:

- **1<sup>st</sup> place: Sydney Brahmavar from Environmental Science** with 843,756 total logged steps
- **2<sup>nd</sup> place: Aaron McPherson from Facilities** with 826,264

total logged steps

- **3<sup>rd</sup> place: Travis Kibota from Biology** with 720,732 total logged steps

The **Departmental Walktober Challenge Winner** was Environmental Science, with an average daily total of 27,218 logged steps.

## **Official Walktober results**

- **1<sup>st</sup> place: Clark College** with an average daily total of 9,694 logged steps (based on 68 participants).
- **2<sup>nd</sup> place: Washington State University – Vancouver** with an average daily total of 9,399 logged steps (based on 48 participants).
- **3<sup>rd</sup> place: Lower Columbia College** with an average daily total of 8,391 logged steps (based on 57 participants).

## **Now What?**

- **Consider participating in the Free Fall Fitness Fun Run or Walk** on Tuesday, November 26 at 1:15 p.m. in front of Cannell Library.
- **Keep up with your activity levels** by setting Specific, Measurable, Actionable, Realistic, and Timely (S.M.A.R.T.) goals, scheduling time on your calendar to move, and finding an accountability partner.
- **Come to an event.** You can find upcoming events by visiting the **TLC Event Schedule**. Remember, we follow a more holistic model of wellness, so there are various ways to engage throughout the year. Check out the **Six Dimensions of Wellness** for more information.