

Oakfit Walks Michigan



Finish the Mitten?
Head to the U.P. for
bonus miles.

NEARLY 80 MILES
OF COUNTY PARK
TRAILS TO WALK!



2023
Walks MICHIGAN

June 5, 2023 – July 30, 2023

OAKFIT WALKS MICHIGAN

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HOW IT WORKS

1. Assemble your team of four
2. Choose a team captain
3. Register your team online at bit.ly/OakFit-WalkMI23
4. Walk, record and report your steps weekly

THE RULES

1. Each week all team members will be sent a notification from Smartsheets to submit their total miles walked. ***2,200 steps = 1 mile**
2. Weekly entry deadline: Monday by 3:00 p.m.
3. Track your standing on the leaderboard at www.oakgov.com/wellness where all team totals will be updated and display every Wednesday.

Oakland County Parks and Trails

Addison Oaks

22 Miles of Trails

Catalpa Oaks

1 Mile of Trails

Groveland Oaks

3 Miles of Trails

Highland Oaks

2.5 Miles of Trails

Independence Oaks

15 Miles of Trails

Lyon Oaks

6.5 Miles of Trails

Orion Oaks

14 Miles of Trails

Red Oaks

2.5 Miles of Trails

Rose Oaks

6 Miles of Trails

Springfield Oaks

1 Mile of Trails

Waterford Oaks

3.5 Miles of Trails



ADD TO THE FUN WALK TO THE U.P. TOO!

Begin your tracking in St. Ignace for the bonus of walking the Upper Peninsula of Michigan. Don't forget to log your bonus steps too. Can you make it around the both the Lower and Upper in just 56 days?

NOW POST THE FUN!

Join the facebook group and let's motivate each other to Walk Michigan.

Find us on  @oakfitwellness



4
PERSON
TEAMS



56
DAYS



10,558
STEPS/DAY
PER MEMBER



1075
MILES



2,365,000
TOTAL
STEPS

TEAM NAME

	Team Captain	Team Member	Team Member	Team Member	Weekly Totals
June 5 – 11					
June 12 – 18					
June 19 – 25					
June 26 – July 2					
July 3 – 9					
July 10 – 16					
July 17 – 23					
July 24 – July 30					
Total Steps					
Total Miles <i>(2,200 steps = 1 mile)</i>					