

From Monday, August 2nd through Tuesday, August 31st employees and elected officials are encouraged to park their cars and either bike, walk, car pool or use public transportation to get to work or meetings at the Government Building.

We are encouraging other businesses and agencies to raise awareness of the same by having a similar event during the month of August. If you wish to use the same event-model that we are using, you will find the attached files helpful.

We hope to encourage all to do activities that will help improve your health status and to support a safe and clean environment, by reducing the amount of global warming gases.

If you would like more information please contact Lynne Bauer, Public Health Nurse @ (715) 395-1297.

**Average # calories burned
related to a body weight of 130-190lbs
according to www.nutristrategy.com**

Activity

**Calories Calories
per hour per minute**

Aerobics	431	7.18
Archery (non-hunting)	251	4.18
Automobile repair	215	3.58
Backpacking	503	8.38
Badminton	414	6.90
Baseball/Softball	359	5.98
Basketball	460	7.67
Bicycling	596	9.93
Billiards	180	3.00
Bowling	216	3.60
Broomball	503	8.38
Calisthenics (push-ups, sit-ups)	449	7.48
Canoeing	546	9.10
Carpentry	252	4.20
?Carrying (ex. Bricks)	575	9.58
Childcare: (dressing/feeding)	234	3.90
Circuit training	575	9.58
Cleaning	252	4.20
Construction/Remodeling	395	6.58
Cooking/ Food Preparation	180	3.00
Cricket	395	6.58
Croquet	180	3.00
Dancing	324	5.40
Darts (wall or lawn)	180	3.00
Electrical work/Plumbing	252	4.20
Farming (Baling hay, Shoveling)	485	8.08
Fencing	431	7.18
Fishing (non-motorized)	287	4.78
Playing Catch	229	3.82
Football	610	10.17
Frisbee	234	3.90
Gardening	359	5.98
Golf (non-motorized)	287	4.78
Gymnastics	287	4.78
Hacky Sack	287	4.78
Handball	862	14.37
Hiking, Cross Country	431	7.18
Hockey	575	9.58
Horseback Riding	377	6.28
Hunting	359	5.98
Jogging	503	8.38
Karate/Judo/TaeKwanDo	719	11.98

Kayaking	359	5.98	
Kickball	503	8.38	
Lacrosse	575	9.58	
Marching (band)	287	4.78	
Moving (household items/furniture)	527	8.78	
Music (playing instrument)	194	3.23	
Paddleboat	287	4.78	
Painting/Plastering/Papering)	324	5.40	
Polo	575	9.58	
Pushing/Pulling stroller with child	180	3.00	
Racquetball	611	10.18	
Raking Lawn	287	4.78	
Rock Climbing	682	11.37	
Jumping Rope	719	11.98	
Rowing	665	11.08	
Rugby	719	11.98	
Running	575	9.58	
Sailing/windsurfing	216	3.60	
Scrubbing floors (hands&knees)	395	6.58	
Shoveling Snow	431	7.18	
Shuffleboard, lawn bowling	216	3.60	
Skateboarding	359	5.98	
Skating (roller/ice)	503	8.38	
Skiing (snow)	503	8.38	
Skiing (Water)	431	7.18	
Scuba diving/skin diving	503	8.38	
Snorkeling	359	5.98	
Snow Shoeing	575	9.58	
Soccer	611	10.18	
Softball/Baseball	359	5.98	
Squash	862	14.37	
Stair-treadmill	413	6.88	
Standing packing/unpacking boxes	252	4.20	
Stretching, Yoga	287	4.78	
Sweeping (garage, sidewalk, etc.)	287	4.78	
Swimming	629	10.48	
Swimming (treading water)	503	8.38	
Ping Pong/ Table Tennis	287	4.78	
Tai Chi	287	4.78	
Tennis	503	8.38	
Unicycling	359	5.98	
Volleyball	359	5.98	
Walking (varies by pace)	287	4.78	
Walking (carrying an infant)	252	4.20	
Water aerobics, Water calisthenics	287	4.78	
Water Polo	719	11.98	
Water Volleyball	216	3.60	
Weight lifting	324	5.40	
Water skiing	431	7.18	

Other activities that conserve energy:

Using cold water to wash clothes
(# of loads done)

Hanging clothes on line (No use of dryer)
(# of times)

Other:

OFFICE OF THE COUNTY BOARD CHAIRMAN

PROCLAMATION

WHEREAS, the Douglas County Board of Supervisors supports a safe and clean environment as well as a healthy and physically fit lifestyle for all county employees, and

WHEREAS, our modern way of life has often minimized our opportunities for physical activity, and

WHEREAS, it is our personal and collective actions that will improve community and personal health, and

WHEREAS, simple choices such as walking, biking, car pooling and using public transit can significantly contribute to the reduction of global warming gases as well as increasing health and fitness, and

WHEREAS, energy conservation can save money, reduce air pollution and protect the environment and human health.

NOW, THEREFORE, I, DOUGLAS G. FINN, Chair of the Douglas County Board of Supervisors, do hereby proclaim August, 2010, as Health and Energy Awareness Month in Douglas County and encourage the participation of all Douglas County employees.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the County of Douglas, Wisconsin to be affixed. Done at the Douglas County Courthouse, this 15th day of July, 2010.

Douglas G. Finn, Douglas County Board Chair