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WALK STRONG, WALK SAFE

THE LOADLINE WALKING SAFETY GUIDE

Program:	No Excuses 10-Mile December
Walk dates:	Sat Dec 5, 12 & 19, 2026
Author:	Jesse “No Excuses Jesse” Collins
Audience:	Challenge Walkers
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Brand:	LoadLine Fitness | Health. Fitness. Well-Being. Lifestyle.

"Load the Standard. Live the Life."

Education only, not medical advice. Check with your doctor before starting a new exercise program. In an emergency, call 911.

LoadLine does not prescribe, dose, or adjust medication. Don't change your medicine for this walk on your own. This guide is not a substitute for your own doctor. You can stop at any time.

See the Participation terms at the end of this guide.

Welcome, Walker

You signed up. That's the hardest step, and you already took it.

This guide is for everyone walking the **No Excuses 10-Mile December** challenge. Maybe you walk every day. Maybe this is the longest walk you've ever tried. Either way, the goal is the same: **finish strong, and get home safe.** No Excuses doesn't mean "ignore your body." It means you plan ahead, show up ready, and make smart calls on the road.

The challenge at a glance

Date	Walk	Pick one time block (your local time)
Saturday, Dec 5, 2026	3 miles (optional)	5:00–10:00 AM **or** 5:00–10:00 PM
Saturday, Dec 12, 2026	6 miles (optional)	5:00–10:00 AM **or** 5:00–10:00 PM
Saturday, Dec 19, 2026	**10 miles (main walk)**	5:00–10:00 AM **or** 5:00–10:00 PM

The rules, straight from www.noexcuseschallenges.com (see also **the Participation terms at the end of this guide):**

- **The time blocks are in your local time,** wherever you walk.
- **Pick one block for each walk day** (choose when you join, or change it before that Saturday ends). **Finish the walk inside that block.**
- **Dec 5 and Dec 12 are optional build-up days.** Missing one doesn't block the 10-mile day.
- **You finish the challenge** by walking **10 miles on Sat, Dec 19, inside your block,** and uploading a photo of your distance that day.
- **Indoors counts the same.** Pick outdoors, an indoor track, or a treadmill for each Saturday. Same blocks and distances (Section 9).
- **Proof is a photo of your distance** (Section 12). Upload it on the walk day by **11:59 PM your time**. Then that day is marked done.

Heads up, it'll be dark: In mid-December, much of each block is dark. In the Phoenix and Queen Creek area, for example, the sun comes up around **7:15–7:25 AM** and goes down around **5:20 PM** [20], so the morning block **starts in the dark** and the evening block is **dark almost the whole time**. Check sunrise and sunset where you live [20]. Plan for cold, plan for dark, and you'll be fine. If you pick the evening block, walk on a well-lit, familiar route or indoors, and tell someone your plan.

1. Before You Go

Talk to your doctor first if...

Experts say exercise is safe for most people [4]. But a long walk is still real work. Health experts say people with known heart, metabolic, or kidney disease, or with warning signs like chest pain, should get a doctor's OK before starting or stepping up exercise [4]. Check with your doctor before the challenge if you:

- Have a **heart condition**, high blood pressure, or have ever had chest pain with activity
- Have a **lung condition**, such as asthma or COPD
- Have **joint, back, hip, knee, or foot problems**, or a recent injury or surgery
- Have **diabetes**, especially if you use insulin or medicine that can drop your blood sugar [6]
- Are **pregnant** (ACOG says to talk with your ob-gyn about exercise early on) [5]
- Are **new to exercise**, or it's been a long time since you were active
- Take medicines that make you dizzy or affect your heart rate

Bring this guide to your appointment. Ask, "Is a 10-mile walk okay for me? What should I watch for?"

Tell someone your plan

Before every challenge walk, text a friend or family member:

- **Where** you're walking (your route or loop)
- **When** you're starting and when you expect to finish
- **Who** you're with, if anyone

Then text them again when you're done. If they don't hear from you, they know to check on you.

Pack the basics

- [ ] **Phone, fully charged.** Cold drains batteries faster, so keep it in an inside pocket.
- [ ] **ID** (driver's license or ID card) and any medical info, like allergies or conditions
- [ ] An **emergency contact** saved in your phone's emergency/medical ID screen
- [ ] **Water** and a small snack
- [ ] **Light** and **reflective gear** (more in Section 4)

2. Build Up: 3 Miles, Then 6, Then 10

Why the "optional" Saturdays matter

You don't have to do the 3-mile and 6-mile walks. But we strongly recommend them. The federal *Physical Activity Guidelines for Americans* advise building up activity **gradually over time** [3]. The practice Saturdays let you:

- Find out your **real pace**
- Test your **shoes, socks, and layers** in the actual cold and dark
- Learn what **snacks and water** work for you
- Find **hot spots** on your feet before they become blisters
- Walk Dec 19 with **confidence**, not guesswork

Start regular walks now, in October and November. Between the Saturdays, keep moving with shorter walks on other days. Adults are advised to get at least **150 minutes a week** of moderate activity, like brisk walking [1].

How long will 10 miles take?

A lot of adults walk around 3 miles per hour. The CDC counts walking at **2.5 mph or faster** as brisk, moderate-intensity activity [2]. Here's the math (walking time only, not counting breaks):

Your pace	3 miles	6 miles	10 miles
2 mph (easy stroll)	1 hr 30 min	3 hr	5 hr
2.5 mph (steady)	1 hr 12 min	2 hr 24 min	4 hr
3 mph (brisk)	1 hr	2 hr	3 hr 20 min
3.5 mph (fast)	about 51 min	about 1 hr 43 min	about 2 hr 51 min

For most people, **10 miles takes about 3 to 4 hours.** Your time block is 5 hours long. So:

- **Start at the beginning of your block** (right at 5:00). That gives you room for breaks and surprises.
- **Use your 6-mile time as a guide.** If 6 miles took you more than about 2 hours 45 minutes with breaks, plan to start at 5:00 on Dec 19. Then walk your own pace and take the breaks you need. Don't rush to beat the clock.
- **It's okay to stop before 10 miles.** If you can't finish safely inside your block, stop. Your safety matters more than any finish.

Find your conversation pace

Walk at a pace where you can **talk, but not sing**. That's the CDC "talk test" for moderate effort [2]. If you can't say a full sentence, slow down. A pace you can hold for hours beats a fast start that wears you out at mile 4.

> **No Excuses truth:** Breaks are not quitting. Stop to drink, eat, fix a sock, or catch your breath. A smart 5-minute break can save the last 3 miles.

3. Gear That Saves Your Walk

Shoes

- Wear **comfortable walking or running shoes** you've already walked in. **Never wear brand-new shoes on the 10-mile day.**
- Your shoes should have **at least a half inch of room** past your longest toe, a **roomy toe box**, and a back that **holds your heel** in place [16].
- Feet swell during the day and on long walks, so try on shoes later in the day, wearing your walking socks [16].
- Old shoes lose their cushion. If yours are worn flat or the soles are tilted, it may be time for a new pair. Break them in on short walks first.

Socks and blister prevention

Blisters are a top walk-wrecker. Friction, moisture, and shoes or socks that don't fit well all play a part [17] [18].

- [ ] Wear **moisture-wicking socks** (synthetic or wool blend). **Skip cotton.** It holds sweat [18].
- [ ] Wear socks that **fit** (socks that are too small bunch your toes together) and **avoid seams** that rub [17].
- [ ] Know your trouble spots? Cover them with **tape, moleskin, or a blister bandage** before you start [18].

- [ ] Feel a **"hot spot"** (warm, rubbing, sore)? **Stop and cover it right away** [18]. Don't wait.
- [ ] Pack a **spare pair of dry socks** for the 6- and 10-mile walks.

Dress in layers for desert cold

Desert nights and mornings can get surprisingly cold, and many walkers are out before sunrise or after dark. You'll warm up as you go, then cool down fast if you stop. Layers let you adjust.

Layer	What it does	Examples
Base (next to skin)	Pulls sweat away	Moisture-wicking shirt (not cotton)
Middle	Holds in warmth	Fleece or light sweater
Outer	Blocks wind and rain	Light jacket, ideally bright or reflective
Extras	Protect hands, ears, head	Hat or beanie, gloves, neck gaiter

Wet clothes plus cold air is a bad mix. The CDC notes that dangerously low body temperature (hypothermia) can happen even **above 40°F** if you get chilled from rain or sweat [13]. If you sweat through a layer, take it off and put on something dry.

Walking somewhere colder? The National Weather Service warns that cold air, especially with wind, can lead to frostbite and hypothermia [14], and that wind makes it **feel much colder** than the thermometer reads [15]. Cover your ears, fingers, nose, and toes [13].

Sunscreen, even in winter

Sun safety matters all year. UV rays reach you on **cool and cloudy days**, too [19]. If your walk runs past sunrise (the 5–10 AM block will), put **broad-spectrum sunscreen, SPF 15 or higher**, on **all exposed skin**, including your face, ears, and neck, and reapply if you're out more than 2 hours or sweating a lot [19]. Sunglasses and a hat with a brim help too.

4. Be Seen in the Dark

This is the big one. Most challenge walkers will be on the road in the dark. Pedestrian deaths happen most often **at night** and in places **without sidewalks** [8]. Drivers are often looking for cars, not people.

Light yourself up

- [ ] **Reflective gear:** a vest, sash, or jacket with reflective strips. Reflective bands on **ankles and wrists** stand out because they move.
- [ ] **A light:** a headlamp or flashlight so you can see the ground and drivers can see you [7].
- [ ] **A blinking red light** clipped to your back, so cars behind you notice you.
- [ ] **Bright colors:** white, yellow, or neon. **Not black, navy, or dark gray.** Black is hard to see at night.

Walk like a driver can't see you

Because sometimes they can't. NHTSA's walking safety tips [7]:

- **Use sidewalks** whenever there is one.
- **No sidewalk? Walk facing traffic**, as far from the road as you can. You see cars coming and can step aside.
- **Cross at crosswalks or intersections.** Don't cross mid-block.
- If there's no crosswalk, pick a **well-lit spot** with a clear view, wait for a big gap, and keep watching as you cross.
- **Obey signs and signals.** Look left, right, and left again, and watch for **turning cars**.
- **Make eye contact** with drivers before you step in front of them. Never assume they'll stop.

Keep your ears open

NHTSA says to stay alert and use **your eyes and your ears** [7]. Music helps the miles go by, so do it safely:

- **One earbud only**, or keep the volume **low** enough to hear cars, bikes, and people
- Open-ear or bone-conduction headphones are another option
- **Put the phone away** while crossing streets

> **Jesse's rule for the dark:** If you're not sure a driver sees you, **you wait.** Ten seconds at a curb never ruined anybody's challenge.

5. Water and Fuel

Drink before you're thirsty

The American Heart Association says **thirst isn't the best signal** that you need water. By the time you're thirsty, you may already be low [12]. In dry desert air, and in cold weather, you might not feel thirsty at all.

- **Drink some water before** you head out.
- **Sip regularly** during the walk. You don't need to chug.
- For most people, **plain water is the best choice** [12].
- How much you need depends on the weather, your clothes, and how hard and how long you walk [12]. Some people with heart conditions or diabetes may need a different plan, so ask your doctor [12].
- If you take **blood pressure, heart, water-pill, or diabetes medicine**, ask your doctor what to watch for on a long walk. Some of these medicines can make your body react more strongly to heat [24]. **Don't change your medicine on your own.**
- After the walk, check your pee: **pale means you're doing fine; dark means drink more** [12].

How to carry it

- A hand-held bottle, a waist belt, or a small backpack
- Or plan a **loop route** past your car or home so you can refill (more in Section 8)

Snacks for long walks

For the 6- and 10-mile walks, bring an easy snack you already know sits well, such as:

- A banana or orange slices
- Crackers, pretzels, or a granola bar
- A small handful of nuts or trail mix
- Half a sandwich

Nothing new on walk day. Test your snacks on the 6-mile Saturday. If you have diabetes, ask your care team how to plan snacks and what to carry in case your blood sugar drops [6].

6. Weighted Vests: Optional, Not Required

You may have seen Jesse walking with an **8 lb weighted vest.** That's part of his own daily routine. **It is not part of this challenge.** There's no bonus for wearing one, and you don't need one to finish.

If you're thinking about a vest:

- **Skip it for the long walks** unless you've **already built up to that distance with a vest** on. Ten miles is plenty of challenge on its own.
- **Start light** and add weight slowly over weeks, not days.
- Pick one that **fits snug** and spreads the weight **evenly** over your chest and back.
- **Take it off** if you feel back, neck, shoulder, hip, knee, or foot pain.
- If you're pregnant, or have back, joint, heart, or balance problems, **ask your doctor first.**

> **The LoadLine way:** Earn the distance first. Add load later, if ever. Finishing 10 miles safely is the win.

7. Walking With Others, Kids, and Dogs

Bring a buddy

Walking with a friend makes the miles faster and safer. You can watch for each other, and someone is there if something goes wrong.

- **Walk at the slowest person's pace.** Nobody gets left behind.
- In the dark, walk **single file** where there's no sidewalk.
- Agree on a **plan** if someone needs to stop early.

Kids

Parents and guardians are responsible for their own kids during every walk. LoadLine and the challenge do not supervise children. You decide whether a walk, distance, time block, or weather is right for your child.

- Ten miles is a lot for most kids. They can **join for part of it.**
- Put **reflective gear and a light** on kids, too.
- Hold hands near traffic. Teach them to **stop, look, and listen** at every crossing [7].
- Kids in strollers don't move, so they **get cold faster.** Bundle them up and check on them often.

Dogs

- Use a **short leash** near roads, and put a **light-up or reflective collar** on your dog.
- Dogs need to **build up to long walks**, just like people. Ten miles may be too far for many dogs.
- Check **paws** on rough or rocky ground, bring water for your dog, and pick up after them.

8. Personal Safety and Smart Routes

Pick a smart route

- Choose routes that are **well-lit** and that you **know well**.
- **Avoid isolated canal paths at night.** Many are dark, far from help, and have uneven ground. Canal water can be deep, fast, and cold, so stay well back from the edge.
- Watch for **uneven sidewalks, curbs, gravel, and holes.** Your light helps here.
- Think about **loops near your home or car.** A 1- or 2-mile loop repeated several times means:
  - Easy access to **water, a restroom, and extra layers**
  - You're **never far from help**
  - You can **stop safely** if you need to

Plan your route ahead of time. Our free **Walkingout web app** at **www.loadlinefitness.com/apps/walkingout/** can help you plan when you walk. (The Walkingout iPhone and Android app is coming soon, but it isn't released yet. For this challenge, use the step counter or watch you already have.)

Stay aware

- **Trust your gut.** If a person, place, or car makes you uneasy, cross the street, turn around, or head for a busy, lit area.
- Keep your **phone easy to reach**, not buried in a bag.
- Turn on **location sharing** with a trusted person during your walk.
- **Don't post your live location publicly.** Share your victory photo after you're home.
- Walking alone? Stick to busy, familiar areas.

9. Walking Indoors: Treadmills and Indoor Tracks

Too cold, wet, or icy where you live? You can do **any walk day indoors** on a treadmill or an indoor track. Pick one place for that Saturday, next to your time block. Same dates, same time blocks, same distances. Still No Excuses.

Treadmill safety

- **Clip on the safety key or clip** every time. If you slip or fall, it pulls out and stops the belt [22].
- **Start slow.** Stand with your feet on the side rails, straddling the belt, when you turn it on [22]. Step on at a slow speed and build up over the first few minutes. That's your warm-up.
- **Use the rails for balance only,** with a light touch. Don't lean on them or hold on to support your weight. If you need to hold on to keep up, slow down.
- **Look ahead,** not at your feet. Looking down makes it easier to lose your balance [22].
- **Step off carefully.** Slow down, press stop, and **wait for the belt to stop completely** before you step off [22]. Do the same for every break.
- **Not sure how a machine works?** Ask gym staff before you start.
- **Home treadmill?** Keep **kids, pets, and toys away** while it's running. When you're done, unplug it and store the safety key out of reach [21][23]. Leave open space behind it [22].

Incline is optional. A little incline is fine if you like it, but flat counts just the same. Keep it low, and the same rail rule applies: balance only, light touch.

Beat treadmill boredom

- **Break it into chunks.** Ten miles is ten one-mile pieces. Check off each one.
- Line up **playlists, podcasts, or audiobooks** before you start.
- **Short breaks are fine.** Stop the belt, drink, stretch, and step back on.
- **One block, one walk.** Your walk must be finished inside your one chosen time block, so don't split it into a morning half and an evening half.

Indoor track etiquette

- Walk in the **posted direction of travel.** Many tracks switch direction on certain days.
- **Inside lanes are for faster walkers and runners.** Walkers usually stay in the outer lanes.
- **Check the lap distance.** Most tracks post how many laps make a mile. Watches that use GPS may not measure well indoors, so count laps or use your watch's indoor walk mode, and compare with the posted lap count.
- Step to the side before you stop, and don't walk side by side when it's crowded.

> **Same body, same rules.** Gyms can be warm and dry, so bring water and sip often (Section 5). The warning signs in Section 10 apply indoors, too. **Stop the belt, get help, and call 911** for chest pain or pressure, severe shortness of breath, fainting, confusion, stroke signs (B.E. F.A.S.T.), or if you've stopped sweating or are overheated.

10. Warning Signs: When to Stop

CALL 911 RIGHT AWAY if you or someone with you has:

- **Chest pain, pressure, squeezing, or fullness**, even if it comes and goes [9]
- **Pain or discomfort** in one or both arms, the back, neck, jaw, or stomach [9]
- **Severe shortness of breath** [9]
- A **cold sweat**, nausea, or lightheadedness along with any of the above [9]
- **Fainting** or passing out
- **Confusion**, or acting or talking strangely
- Signs of heat illness: very hot body, confusion, hot red skin (dry or damp), or you've stopped sweating [12][24].
- Stroke signs, **B.E. F.A.S.T.**: sudden **B**alance loss, **E**yesight changes, **F**ace drooping, **A**rm weakness, **S**peech trouble, **T**ime to call 911 [10]

Don't "walk it off." Don't drive yourself. The American Heart Association says calling 911 is almost always the fastest way to get help [9].

Stop and contact your doctor

Stop walking and contact your doctor if you have:

- **Dizziness** or feel like you might faint
- **Sharp or sudden pain** in a joint, foot, or leg, or pain that makes you **limp**
- **Calf pain or swelling** that doesn't go away
- A **racing or pounding heartbeat** that doesn't settle with rest
- **Anything else that feels wrong**

If any of these come with **chest pain, fainting, confusion, or severe shortness of breath, call 911.**

Low blood sugar (if you have diabetes): shaky or sweaty? Stop and follow the plan from your care team [6]. If the person is confused, can't treat it themselves, or isn't getting better, **call 911.**

Cold-weather warning signs

Watch yourself and your walking partners for signs of **hypothermia** [13]:

- **Shivering** that won't stop
- Feeling **very tired** or sleepy
- **Confusion**, memory loss, or **slurred speech**
- **Fumbling hands**

Hypothermia is a medical emergency [13]. **Call 911 for confusion, slurred speech, or very drowsy behavior.** Then get to a warm place, take off wet clothes, and warm up with dry layers [13]. Walking somewhere below freezing? Watch for **frostbite**: numb skin that looks **white or grayish-yellow**, or feels firm or waxy [13].

> **No Excuses means no ego.** Stopping when your body sends a warning is the strong move. Your health matters more than any finish line.

11. After the Walk

Cool down

Don't just stop and sit. The AHA recommends **slowing your walking pace for 5–10 minutes** so your heart rate can come down gently. Stopping suddenly can make you lightheaded [11].

Then stretch gently while you're still warm [11]:

- Hold each stretch **10 to 30 seconds**
- It should feel like a **stretch, not pain**
- **Don't bounce.** Breathe through it.

Then get out of sweaty clothes and into **dry, warm clothes** soon, since wet clothes can chill you fast [13]. **Drink water** and eat a normal meal or snack.

Check your feet

Take off your shoes and socks and look for problems like these. APMA advises people with diabetes to inspect their feet every day, **especially the soles and between the toes** [17]:

- [ ] Blisters, redness, or rubbed spots
- [ ] Cuts, cracks, or bruises
- [ ] Changes to your toenails, like thickening or discoloration

Small blisters: if one isn't too painful, try to keep it from breaking. Cover it with a bandage or moleskin [18]. Get medical care if it looks **infected** (spreading redness, more pain, pus, or warmth) [18]. If you have diabetes, APMA advises reporting any problem to your podiatrist as soon as possible, no matter how small it seems [17].

Recover

- Some **mild muscle soreness** for a day or two is normal.
- Take **easy, short walks** the next few days, and **sleep** well.
- **Sharp pain, swelling, or pain that gets worse** instead of better? See your doctor.

12. How to Submit Your Proof Photo

What your photo should show

Where you walked	Your proof photo
Outdoors	A **step counter or watch screen** that shows your **miles**
Treadmill	The **treadmill display** showing the **distance**, and the time if it's on the screen. A watch or step counter that shows the miles works too.
Indoor track	A **watch or step counter** that shows your miles

When to upload: the upload opens on the walk day and stays open until **11:59 PM your time**, even after an evening walk. When your photo is in, that walk day is marked done. The Walkingout phone app (coming soon) is **not** a way to submit.

Tips for a good photo

- Take it **right after you finish**, before the screen resets. Many treadmills clear the display soon after you stop, so have your phone ready.
- **Good light, no glare, no blur.** Fill the frame, and make sure your **miles** (3, 6, or 10) are easy to read. If your screen shows the date, keep it in the frame.
- Keep the file **under 10 MB.** The challenge site takes **JPEG, PNG, WebP, or HEIC** photos up to 10 MB. Normal phone photos are usually fine.

Protect your privacy

Many activity apps show a **map of your route**, which can point straight to your house. Before you upload:

- ☐ **Crop out the map**, especially your **start and end point**
- ☐ Crop out your **home address**, house number, or street signs near home
- ☐ Hide **text messages or notifications** on the screen

- [ ] Leave out **other people's faces** unless they're okay with it. Leave out **kids' faces** unless you're their parent or guardian and choose to share.
- [ ] Consider **turning off location tagging** in your camera settings, so the photo file doesn't carry your location

Upload your photo at **www.noexcuseschallenges.com** and follow the instructions there.

> **A final word from Jesse:** Ten miles is a big deal. You're going to feel it, and you're going to be proud of it. Walk smart. Light yourself up. Drink your water. Listen to your body. And if something feels wrong, stop. That's not an excuse. That's wisdom. I'll see you out there. **Walk strong. Walk safe.** *No Excuses Jesse, Founder, LoadLine Fitness*

Education only, not medical advice. Check with your doctor before starting a new exercise program. In an emergency, call 911.

LoadLine does not prescribe, dose, or adjust medication. Don't change your medicine for this walk on your own. This guide is not a substitute for your own doctor. You can stop at any time. No promised results. See the Participation terms at the end of this guide.

Challenge details: **www.noexcuseschallenges.com** · LoadLine Fitness: **www.loadlinefitness.com**

Printable Walk-Day Checklist

No Excuses 10-Mile December · Sat Dec 5 (3 mi) · Sat Dec 12 (6 mi) · Sat Dec 19 (10 mi) · 5:00–10:00 AM or 5:00–10:00 PM · Your local time · Finish inside your block

The night before

- ☐ Doctor's OK if I need it
- ☐ Route planned (lit, familiar, loop)
- ☐ Phone charging
- ☐ Clothes and layers laid out
- ☐ Water bottle filled, snack packed
- ☐ Lights charged / fresh batteries

Before I head out

- ☐ Texted my route and times to: _____
- ☐ ID and medical info with me
- ☐ Drank some water
- ☐ Taped my blister spots
- ☐ Starting at the beginning of my block
- ☐ Indoors? Gym is open during my block

What I'm wearing

- ☐ Shoes I've already walked in
- ☐ Moisture-wicking socks (no cotton)
- ☐ Base, middle, and outer layers
- ☐ Hat and gloves
- ☐ Sunscreen (morning block)

Treadmill

- ☐ Safety clip on, start slow
- ☐ Rails for balance only, light touch
- ☐ Belt stopped before stepping off

Be seen

- ☐ Reflective vest or strips
- ☐ Headlamp or flashlight
- ☐ Red blinking light on my back
- ☐ Bright colors, not black
- ☐ One earbud or low volume

On the road

- ☐ Sidewalk, or face traffic
- ☐ Cross at crosswalks
- ☐ Talk-test pace
- ☐ Sip water, eat my snack
- ☐ Stop and fix hot spots

Stop and call 911 for

- ☐ Chest pain or pressure
- ☐ Severe shortness of breath
- ☐ Fainting
- ☐ Confusion
- ☐ Stroke signs (B.E. F.A.S.T.)
- ☐ Stopped sweating or overheated

After

- ☐ Cool down 5–10 minutes
- ☐ Dry clothes, water, food
- ☐ Feet check
- ☐ Texted "I'm done"
- ☐ Proof photo: watch, step counter, or treadmill display; map cropped

Education only, not medical advice. Check with your doctor before starting a new exercise program. In an emergency, call 911.
www.noexcuseschallenges.com · www.loadlinefitness.com

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Education only, not medical advice. Check with your doctor before starting a new exercise program. In an emergency, call 911. See the Participation terms at the end of this guide.

Participation terms

Effective date: November 2, 2026

This guide and the No Excuses 10-Mile December challenge are for general wellness only. They are not medical advice.

Talk with your doctor before you start, especially if you have a health condition or you take medicine.

Stop and call 911 for chest pain or pressure, fainting, severe shortness of breath, or sudden dizziness.

Taking part is voluntary. You assume the risks of walking, including traffic, weather, terrain, heat and cold, and treadmill use.

To the extent allowed by law, No Excuses Jesse, No Excuses Group, and the people who help run No Excuses Challenges are not liable for injury, loss, or damage connected with taking part. This limit does not cover gross negligence or willful misconduct.

You own your photos. You are responsible for not showing other people without their permission. You choose what you share.

You must be 18 or older to join. Kids are welcome to walk with a participating adult, who is responsible for them. Please don't post photos of children who aren't your own.

These terms can be updated. When they change, the new terms are posted with a new effective date. Updates apply going forward only. If we make a big change, we'll post a notice on the challenge page.

When you join, you'll check a box confirming you've read and agree to these terms.