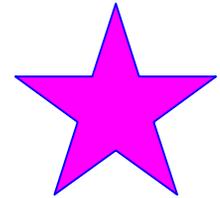




# **WHEELING WALKS**



**30 Minutes or More**

**CHALLENGE**

Presented by Wheeling-Ohio County Public Health Dept. and West Virginia University Department of Community Medicine



# WHEELING WALKS CHALLENGE

The Wheeling-Ohio County Public Health Department and West Virginia University Department of Community Medicine



## Official Worksite Registration Form

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**Name:** \_\_\_\_\_

**Title:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Fax** \_\_\_\_\_ **E-mail** \_\_\_\_\_

**Company Name:** \_\_\_\_\_

**Division/Location:** \_\_\_\_\_

**Mailing Address** \_\_\_\_\_

**City:** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Type of Business/Industry:** \_\_\_\_\_

**Total # of Employees:** \_\_\_\_\_

Fax this form to Wheeling Walks Campaign (740) 695-3820, register on-line at [www.wheelingwalks.org](http://www.wheelingwalks.org), or  
Mail this form to Wheeling Walks Campaign Headquarters, 66599 Anna Dr., St. Clairsville, Ohio 43950

## Wheeling Walks 30 Minutes or More Challenge Coordinator's Guide

(All Coordinators receive a T-shirt)

The Let's Get Walking Challenge is an eight-week, interactive program designed to help individuals establish a more healthy and active lifestyle through daily moderate walking.

Use and copy the program materials as designed or adapt the materials to fit your company's specific needs.

The Goal of Let's Get Walking is to promote 30 minutes or more of walking on almost every day of the week (5days/week). This can even be done in three 10-minute segments. This moderate physical activity is recommended for all Americans by the U.S. Surgeon General's Report on Physical activity and Health. The materials are designed to make your job as site coordinator easy.



*If you decide to administer the Wheeling Walks 30 Minutes or More Challenge (with or without modification) within your company you and your employer agree that the West Virginia University Department of Community Medicine, The Wheeling-Ohio County Public Health Dept., its members and staff, bear no responsibility whatsoever for any damages, or claims of damage, that you or your employer have, or may have, in any manner arising from your decision to administer the Let's Get Walking Program within your company.*

*The information included in the Wheeling Walks 30 Minutes or More Challenge is not intended to be a substitute for professional medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified healthcare provider. Please consult your healthcare provider with any questions or concerns you may have regarding your condition.*

### This Coordinator's Guide is Divided into Four Sections:

1. **Get Ready** – Planning and Schedule Issues
2. **Get Set** – Promotion and Publicity Ideas
3. **Go** – Running the Challenge
4. **The Big Finish** – Celebrating the End of the Challenge



#### Simple To Do Checklist:

- ◆ Here's your Wheeling Walks 30 Minutes or More Challenge start and end dates: April 17, 2001 to June 9, 2001.
- ◆ Fax the official site registration form to the Wheeling Walks 30 Minutes or More at (740)- 695-3820, register on-line beginning 4/01/01 at [www.wheelingwalks.org](http://www.wheelingwalks.org), or mail to Wheeling Walks 30 Minutes or More, 66599 Anna Dr., St. Clairsville, Ohio 43950
- ◆ Promote Wheeling Walks 30 Minutes or More Challenge to your employees and Collect Participant Registration forms.
- ◆ Reproduce and distribute the weekly information sheets.
- ◆ Track employee participation, completion, and evaluate results.
- ◆ Upon completion of the Wheeling Walks 30 Minutes or More Challenge, fax the coordinator evaluation to Wheeling Walks, complete on-line, or mail.

### **How It Works:**

- ❖ Employees register to participate in the Wheeling Walks 30 Minutes or More Challenge.
- ❖ The Challenge runs for 8 consecutive weeks.
- ❖ Receive and read the weekly information sheets, which can be given out together or sent weekly to participants.
- ❖ The Challenge asks participants to track their walking daily. Participants are asked to accumulate 30 minutes or more of walking 5 days per week. This can be done in as little as three 10-minute segments daily.

### **The Weekly Handouts:**

There are 8 weeks of reproducible pages designed for weekly distribution to participants to increase their awareness and understanding of walking behaviors, as well as to keep them motivated, interested and focused on the Wheeling Walks 30 Minutes or More Challenge goals.

1. Making Walking Fit Your Lifestyle.
2. The Wonders of Walking
3. Stretching
4. What's Blocking You?
5. Are you low on water?
6. What's Blocking You Part 2
7. Adopt-a-Couch-Potato
8. Ways to Keep Moving Forward

## **GET READY! - Planning and Schedule Issues**

### **Low Budget Ideas That Work:**

- Consider a nominal registration fee for the program (\$5 or less) then use that money to purchase program incentives. Companies have found this idea especially effective at increasing the perceived value of the program by participants and it improves program adherence as well!
- Seek out contributions from local vendors, restaurants, health facilities, or movie theaters for gift certificates, discount coupons, or prize donations.
- Use fame and fortune! Everyone likes to see his or her name in print. Write stories to publicize the success of participating employees. Turn them into "Wheeling Walks 30 Minutes or More Challenge Poster People".
- Stretch budget dollars by offering a few prizes as opposed to giving something to everyone (drawings work best if everyone feels they have an equal chance at winning... but make sure the criteria for being entered in the drawing is fair and is based upon completing predetermined program benchmarks).

## **GET SET! – Promotion and Publicity Ideas**

### **Promote the Wheeling Walks 30 Minutes or More Challenge**

Publicize the Challenge and give employees time to complete and return their participant registration forms.

Use as many ways as possible to promote the program to your employees or members. For example:

- E-mail announcements
- Electronic bulletin board postings
- Regular bulletin board postings (blow up the copy ready flyer, add your site specific registration information and copy on bright paper)
- Make presentations about the program at employee staff meetings. Give us a call at 740-695-3683 to schedule a campaign representative to assist you with a presentation.
- Set up a promotional booth in a high traffic area (break room, cafeteria, fitness center, employee entrance) and use balloons, banners and posters to attract attention.

- Print articles and registration form in company newsletter or other communication materials.
- Distribute the participant information and registration form to all employees via inter-office mail.
- Don't forget stalls of employee restrooms! The back of the door is a great place to pick up information.

### **Promotion Materials Provided in this kit include:**

- Easy-to-Copy flyer (which can be blown up to a larger poster size)
- Easy-to Copy participant information sheet and registration form

## PARTICIPATION INFORMATION

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### What is The Wheeling Walks 30 Minutes or More Challenge?

The Wheeling Walks 30 Minutes or More Challenge is an eight-week program beginning on April 17, 2001 and ending June 9, 2001. It is designed to help you establish a more healthy, active lifestyle through daily moderate activity. This program is fun, non-competitive and designed for persons of all ages and abilities. Your Wheeling Walks Challenge is to accumulate 30 + minutes of moderate walking, 5 days per week, each week for 8 weeks. This can be done in three 10-minute segments.

### How do I get started?

- First complete and submit your registration form.
- Second, track your weekly participation using the weekly Walking Activity logs.

### Health and Safety Concerns and Participation reminders:

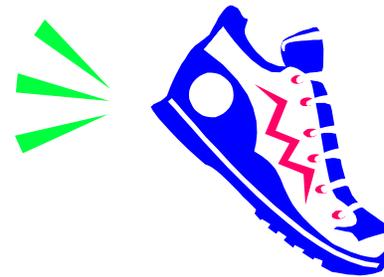
- Listen to your body while you exercise. If you feel like you are exercising too hard, you probably are. You should rarely feel “winded” or out of breath while walking.
- Talk with your program coordinator about how to monitor your heart rate while exercising.
- Take the “Talk Test”. A good way to tell if your activity level is too strenuous is to see if you can talk normally while exercising. If you can do the activity and talk, your pace is probably about right. If you are out of breath and

can't talk normally while exercising, slow down or decrease the intensity of the exercise.

- Anyone with two or more cardiovascular risk\* factors should consult with their physician prior to starting a walking program.
- Seek medical attention immediately if you suddenly feel dizzy, faint, break into a cold sweat, or if you feel pain or pressure in your mid-chest area, left neck, shoulder or arm.
- Have fun in the Wheeling Walks 30 Minutes or More Challenge and don't over-do it! Attempt to develop a healthy habit that you will enjoy for a lifetime.

### **\* Cardiovascular risk factors include:**

- More than 50 years of age
- Diabetes
- Blood pressure at or above 140/90
- Family history of heart disease
- Chest pain or chest pressure



## Individual Registration Form

### Step # 1

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**Complete this registration information and return to your Worksite coordinator.**

Yes! Register me as a participant in the Wheeling Walks! Challenge.

Signature: \_\_\_\_\_

Name: (please print clearly):

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Age: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

The information included in the Wheeling Walks 30 Minutes or More Challenge is not intended to be a substitute for professional medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified healthcare provider. Please consult your healthcare provider with any questions or concerns you may have regarding any existing condition.

## **Definition Page**

1. Moderately active – The CDC and American College of Sports Medicine have defined moderate physical activity as 30 minutes a day of walking for at least 5 days a week.
2. Barriers – Another word for Roadblocks. Anything that can temporarily stop you from achieving your physical activity goals.
3. Conversation rule – A good way to tell if your activity level is too strenuous is to see if you can talk normally while exercising. If you can do the activity and talk, your pace is probably about right. If you are out of breath and can't talk normally while exercising, slow down or decrease the intensity of the exercise.
4. Roadblocks – Anything that can temporarily stop you from achieving your physical activity goals.
5. Detours – Anything that can help you get back on the walking track.

**Each log submitted represents an entry into a drawing for fabulous prizes.**

### **Challenge Logs**

This requirement is based on the participants' completing 30 minutes of moderate walking (this may be in three 10-minute segments) on at least five days during the week.

## **GO! - Running the Challenge**

### **Let the Challenge Begin**

The program runs for eight consecutive weeks. Here are a few suggestions for running the Challenge from start to finish!

### **Distribute the Challenge Sheets**

In organizations with multiple locations, it may be best to recruit a coordinator for each site to help with the distribution and collection of Challenge materials.

### **Track Participation**

Tell participants the procedures for completing and returning the Challenge log forms each week. This can be done by having participants return a copy of their weekly log form to a specified coordinator or by using electronic reporting mechanisms, like email, if feasible.

### **Keep the momentum going.**

Stay in touch with participants throughout the Challenge. For example, share information about the total number of participants, numbers of employees

successfully meeting their Challenge goals each week or write articles featuring individual participants. Another way to encourage participation throughout the Challenge is to have a drawing for a few Challenge prizes at regular intervals throughout the Challenge. Many companies distribute incentive prizes to Challenge participants every 1 to 2 weeks, as well as distributing a special award at the end of the Challenge.

### **Promote Community Events Sponsored by the Wheeling Walks 30 Minutes or More Campaign.**

- Wheeling Walks! Website @ [www.wheelingwalks.org](http://www.wheelingwalks.org)
- Kickoff Celebration- April 17, 2001 at Wheeling Civic Center
- Mark Fenton Media Day-April 24, 2001 @ 9AM at Wheeling Park High School
- Mall Kickoff – May 1, 2001 @ The Ohio Valley Mall
- Physician's Press Conference-May 8, 2001 @9AM at Ogelbay Lodge
- Mayor's Walking Cup-May 16, 2001 @ 12PM Main St.
- Intergenerational Walk-May 25, 2001 @6PM at Wheeling Civic Center
- Ogden Newspapers 20K Distance Run-May 26, 2001
- Campaign Community Celebration-June 9, 2001

**Log onto our website or call Campaign Headquarters at 740-695-3683 for more information.**

### **Ways to Keep'em Moving: Using Incentives & Prizes**

Use prizes and incentives with the Challenge to increase participation, employee involvement and participant success. Why? Many researchers in worksite health promotion report that the simple use of individual incentives increases both employee participation and ultimate employee completion of worksite health promotion programs. Try these simple and low-cost ideas:

#### **Registration Ideas:**

- Have a drawing and give away a couple of prizes to participants who register (see resource guide for incentive item ideas).
- Provide incentives to registered participants who recruit someone to join the program.
- Provide everyone who registers with an incentive item to encourage registration.

#### **Participation/Finishing the Challenge Ideas:**

- Offer a drawing at regular intervals during the program. For example, hold drawings after the 2<sup>nd</sup>, 4<sup>th</sup>, 6<sup>th</sup>, and 8<sup>th</sup> week of the Challenge. Enter the names of all participants who report successfully meeting their challenge level goals for that week.
- Offer an incentive to everyone who successfully completes all 8 weeks of the Challenge or offer a tiered program based on the number of weeks completed. (Complete all 8 weeks... receive a T-shirt, Complete 6 weeks... receive a lunch bag, complete 4 weeks... receive a water bottle or a lapel pin. A logo sheet is included.).

- If you have a bigger budget, offer a grand prize drawing. Your company can provide a \$100 gift certificate or provides a health club membership for one winner.

### **Suggestions for weekly challenges:**

- Week 1 – Post signs giving employees ideas how to add walking to their daily routine. Ask your employees daily if they have walked using e-mail and flyers in conspicuous places (bathroom stalls).
- Week 2 – Plan a lunchtime walk for employees. Get a local donor for new walking shoes and have a raffle for anyone who has joined the campaign.
- Week 3 – Have a fitness professional give a demonstration on stretching techniques. Check with local hospitals and health clubs for speakers.
- Week 4 – Have employees submit the best ways to overcome common roadblocks and give a prize for the most creative.
- Week 5 – Get a donation of bottled water and give to anyone who takes a 10 minute walk during a work break or lunch.
- Week 6 – Promote a family walk after work. Encourage participants to attend a community walking activity.
- Week 7 – Sponsor a walk with a buddy luncheon or after-work walk.
- Week 8 – Have a Grand Finale walk and give small prizes (stickers) to everyone attending!

## **The Big Finish!**

### **Celebrate the End of the Challenge**

Depending upon the size of your organization and the number of participants, finish the Challenge in some noteworthy way. Here are a few ideas:

- Share the Challenge results with all participants by sending a completion announcement flyer, memo or article in a company newsletter. Tally the results of all participants as well as the participant evaluation form. Share some “success stories” of participants who were particularly successful in the program.
- Make sure everyone feels like a winner at the end of the program by distributing Completion Certificates using the ready-to-copy original provided in this packet! Note that

there is a signature line on the certificate for someone from your company to sign. Have the company wellness coordinator, medical director, human resources director or the CEO or President of the company provide this “official signature” on your certificates. Fill in each participant’s name and program participation level.

- Celebrate the end of the LGW Challenge with a “Fitness Finale Lap” – a short, 10 – 30 minute walk on work time or during the lunch hour. Officially recognize participants, hold drawings for prizes, and/or present the completion certificates.
- Promote a company presence at the Wheeling Walks 30Minutes or More Finale to be held on June 9, 2001.

**The following activity sheets can be collected and used as the coordinator wishes. Some suggestions are to turn in after 2, 4, 6, or 8 weeks. Prizes**

**and/or incentives can be issued using the Challenge Logs.**

Name \_\_\_\_\_

Age \_\_\_\_\_

**Week 1**

**Activity Check**

Use the form below to monitor your daily walking.

**Accumulate 30 + minutes of moderate walking 5 days per week. 30 Minutes can be accumulated in three 10-minute segments.**

**Day Minutes Walked**

Mon. \_\_\_\_\_

Tues. \_\_\_\_\_

Wed. \_\_\_\_\_

Thur. \_\_\_\_\_

Fri. \_\_\_\_\_

Sat. \_\_\_\_\_

Sun. \_\_\_\_\_

Total Minutes Walked Per Week: \_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_

Age \_\_\_\_\_

**Week 2**

**Activity Check**

Use the form below to monitor your daily walking.

**Accumulate 30 + minutes of moderate walking 5 days per week. 30 Minutes can be accumulated in three 10-minute segments.**

**Day Minutes Walked**

Mon. \_\_\_\_\_

Tues. \_\_\_\_\_

Wed. \_\_\_\_\_

Thur. \_\_\_\_\_

Fri. \_\_\_\_\_

Sat. \_\_\_\_\_

Sun. \_\_\_\_\_

Total Minutes Walked Per Week: \_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_

Age \_\_\_\_\_

**Week 3**

**Activity Check**

Use the form below to monitor your daily walking.

**Accumulate 30 + minutes of moderate walking 5 days per week. 30 Minutes can be accumulated in three 10-minute segments.**

**Day Minutes Walked**

Mon. \_\_\_\_\_

Tues. \_\_\_\_\_

Wed. \_\_\_\_\_

Thur. \_\_\_\_\_

Fri. \_\_\_\_\_

Sat. \_\_\_\_\_

Sun. \_\_\_\_\_

Total Minutes Walked Per Week: \_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_

Age \_\_\_\_\_

**Week 4**

**Activity Check**

Use the form below to monitor your daily walking.

**Accumulate 30 + minutes of moderate walking 5 days per week. 30 Minutes can be accumulated in three 10-minute segments.**

**Day Minutes Walked**

Mon. \_\_\_\_\_

Tues. \_\_\_\_\_

Wed. \_\_\_\_\_

Thur. \_\_\_\_\_

Fri. \_\_\_\_\_

Sat. \_\_\_\_\_

Sun. \_\_\_\_\_

Total Minutes Walked Per Week: \_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_

Age \_\_\_\_\_

**Week 5**

**Activity Check**

Use the form below to monitor your daily walking.

**Accumulate 30 + minutes of moderate walking 5 days per week. 30 Minutes can be accumulated in three 10-minute segments.**

**Day Minutes Walked**

Mon. \_\_\_\_\_

Tues. \_\_\_\_\_

Wed. \_\_\_\_\_

Thur. \_\_\_\_\_

Fri. \_\_\_\_\_

Sat. \_\_\_\_\_

Sun. \_\_\_\_\_

Total Minutes Walked Per Week: \_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_

Age \_\_\_\_\_

**Week 6**

**Activity Check**

Use the form below to monitor your daily walking.

**Accumulate 30 + minutes of moderate walking 5 days per week. 30 Minutes can be accumulated in three 10-minute segments.**

**Day Minutes Walked**

Mon. \_\_\_\_\_

Tues. \_\_\_\_\_

Wed. \_\_\_\_\_

Thur. \_\_\_\_\_

Fri. \_\_\_\_\_

Sat. \_\_\_\_\_

Sun. \_\_\_\_\_

Total Minutes Walked Per Week: \_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_

Age \_\_\_\_\_

**Week 7**

**Activity Check**

Use the form below to monitor your daily walking.

**Accumulate 30 + minutes of moderate walking 5 days per week. 30 Minutes can be accumulated in three 10-minute segments.**

**Day Minutes Walked**

Mon. \_\_\_\_\_

Tues. \_\_\_\_\_

Wed. \_\_\_\_\_

Thur. \_\_\_\_\_

Fri. \_\_\_\_\_

Sat. \_\_\_\_\_

Sun. \_\_\_\_\_

Total Minutes Walked Per Week: \_\_\_\_\_

\_\_\_\_\_

Name \_\_\_\_\_

Age \_\_\_\_\_

**Week 8**

**Activity Check**

Use the form below to monitor your daily walking.

**Accumulate 30 + minutes of moderate walking 5 days per week. 30 Minutes can be accumulated in three 10-minute segments.**

**Day Minutes Walked**

Mon. \_\_\_\_\_

Tues. \_\_\_\_\_

Wed. \_\_\_\_\_

Thur. \_\_\_\_\_

Fri. \_\_\_\_\_

Sat. \_\_\_\_\_

Sun. \_\_\_\_\_

Total Minutes Walked Per Week: \_\_\_\_\_

\_\_\_\_\_

# Make Walking a Part of Your Lifestyle

Wheeling Walks Challenge Week #1 (3 pages)

*Because you are busy and there is always more to do than there is time to do it, it is important to make walking a part of your day...not something in addition to all the things already on your “to do list”. Schedule time for walking, like you schedule all of your other important appointments.*



**The Week 1 Challenge is to: Make walking a priority in your life by finding simple ways to add walking to your daily routine.**

## **Make walking a “Healthy Habit” for a lifetime!**

The Surgeon General has stated that:

- Physical activity reduces the risk of developing or dying from some of the leading causes of illness and death in the United States.
- Regular physical activity can:
  - ❖ Substantially reduce the risk of developing or dying from heart disease, diabetes, colon cancer, and high blood pressure.
  - ❖ Reduce symptoms of depression and anxiety, improve mood, and enhance ability to perform daily tasks.

- People who are usually inactive can improve their health and well being by becoming even moderately active on a regular basis.

### **Overcoming Barriers**

Many people will have to work up to walking for 30 minutes each day. But recent studies have shown that even a 10-minute walk, three times a day has the same benefit as one 30-minute walk. And even better news is that walking just 30 minutes a day on almost every day of the week cuts our incidence of having a heart attack in half. Some ways to overcome barriers to walking include:

- Start slowly with realistic goals to build confidence.
- Walking doesn’t have to be at a strenuous pace. Use the “conversation” rule.
- Engage friends and family members in your walking to enhance relationships.
- Walking the dog, walking to your car, and just a short stroll at lunch are all ways to get in a 10-minute walk.
- Plan walking in advance and stick to a routine with a friend or colleague
- Be prepared! Keep a pair of walking shoes in the car for any walking opportunity.
- Keep your walking partners phone number handy.

## Walking Technique

If you thought you mastered walking at age one well, think again. Fitness walking isn't an afternoon stroll, but even a novice can begin moving with an easy walking program that will help to get you fit, toned, and on track for a healthier cardiovascular system.

Before you get started, let's run through some easy-to-follow walking tips. By following these key steps, you'll reduce your risk of injury, ensure that your body works at its peak. Remember to:

- **Stand up straight.** Look directly ahead. Imagine that a string is attached to the top of your head and is lifting you from the ground. Keep your shoulders back and relaxed, chest lifted, and tailbone pointing down to the ground.
- **Relieve the stress points.** Relax your shoulders and shake out any tension from your arms and wrists. Bend your arms at the elbow about 83 degrees. Wiggle your fingers and then hold your hands in loose balls (pretend you're clasping a

jumbo-size magic marker against your palms). Swing your arms naturally as you walk, but try not to let your hands extend above your chest.

- **Keep your steps short and fast.** The faster you move the better your cardiovascular workout. Keep an even stride and maintain a steady pace.
- **Heel-to-toe motion.** As you walk, your heel should be the first part of your foot to hit the ground. Roll through the ball of the foot and push off with your toes. This motion reduces the risk of shin splints and tendon pulls.

## What Motivates You to Walk?

Another important aspect of sticking with your commitment to walk is to think about why you value your health! If you know the true “pay-off”, you are more likely to view the time it takes to walk as an investment in you health and not a waste of your time.

How do people who walk regularly stick with it? The values and benefits of

regular walking are the dividends of making a daily investment in your health. Human behavior is motivated by the “pay-off”...without it, there just isn't enough reason to change your routine.

Put a check mark by the statements that best describe the reasons why you feel exercise and good health are important!

- Live longer
- Have more energy/get more done
- Manage your weight/lose weight
- Feel better
- Sleep better/Need less sleep
- Reduce daily stress and anxiety
- Boost self-confidence
- Feel younger/Look Better
- More energy to enjoy life

## The Physical Benefits of Regular Walking

In addition to the mental pay-off, there are many proven physical benefits to regular walking as well. It is important

to note which health benefits are important to you.

### **Weight Watch**

Shed extra pounds and abdominal fat (the fat around your belly)...the fat most closely linked to heart disease. Regular activity can help you lose weight or maintain a healthy weight.

### **Heart Health**

Reduces your risk of heart disease and reduces the risk of having a second heart attack in people who have already experienced one heart attack.

### **Cholesterol Count**

Increase your “HDL” (High Density Lipoprotein, the good cholesterol) and lower your triglyceride levels.

### **Cancer Check**

Reduce your risk of colon cancer.

### **Handle on Hypertension**

Lower your blood pressure and your risk of stroke.

### **Balance Blood Sugar**

Lowers the risk of developing non-insulin-dependent (Type II) diabetes mellitus.

### **Bone Benefits**

Improve bone density, reducing the risk of osteoporosis and fractures as you get older.

### **Anti-Aging Agent**

Physical activity can slow the aging process, helping you to look and feel younger than your actual chronological age.

### **Tips to help you stay motivated**

- Find walking buddies to share goals, challenges, and successes. Find a local walking club. Group walks are fun ways to meet other active people and mix up your standard routine.

- Prepare for a 5K or 10K walk this year. What better way to focus your efforts than to have a goal in sight?
- Add weight training to your fitness program. Strong muscles work more efficiently, reduce your chance of injury, and burn calories faster!

***Begin the Wheeling Walks Challenge by making a commitment to walking 30 minutes on at least five days of the week each week of the campaign and incorporate walking into your daily routine!***

The Wheeling Walks 30 Minutes or More Challenge is adapted from the National Association of Governor’s Councils on Physical Fitness and Sports, Let’s Get Physical 2000 Challenge.

**The Week Two Challenges are to: Learn the benefits of walking and to understand the benefits of proper footwear.**

It's simple! Walking doesn't require a huge investment – other than a good pair of shoes. You can do it anywhere, any time, in any weather! It doesn't require any special skill, talent or equipment. You can do it by yourself, or with others. It's easy to increase the intensity of walking as your fitness level improves.

According to Rob Sweetgall, one of the nation's most avid proponents of

walking and author of *Walking off Weight* and *Walk the Four Seasons*, "walking is one of the best forms of exercise because it requires no special equipment and costs nothing." Maybe that's why research shows that walking/hiking is the nation's leading outdoor activity with 133.6 million Americans participating.

### **Get With the Program**

Discover ways to walk more. Instead of your morning jolt-me-up cup of coffee, how about a wake-me-up-stroll? A short walk around the block each morning is a great way to start the day. Take a different route to the copy machine or restroom at work...find the longest route and walk it every time.

Venture outside for the scenic views and fresh air of Mother Nature's health club – the great outdoors. Check out local nature centers in your area for

hiking or walking paths near you. Make sure you take along a bottle of water.

### **If the shoe doesn't fit... don't wear it!**

No matter where you walk, remember that your feet work hard while exercising. If you're doing any activity on your feet make sure you invest in shoes that work as hard as your feet do and are the right shoes for that type of activity.

### **Get new shoes.**

If you're an avid walker, your shoes lose their cushioning and support every 300 to 500 miles. Average exercisers should replace their shoes every six months or so; people who work out four or more times per week may need to replace their shoes every three to four months. And remember shoes do not have to cost a lot to be adequate.

*"Based on what we now know, everyone can find some time to include more activity in their day. The key is to think of small ways to get your body moving, which will add up to big dividends in terms of better health."  
-Dr. C. Everett Koop (former US Surgeon General)*



### **Get the Right Shoes**

Unlike other sports, the only essential equipment you need to get started on a walking program is a comfortable pair of athletic walking shoes and some well-cushioned socks.

Some things to keep in mind when shopping for shoes:

- When you walk, your heel is the point of first contact with the track or pavement, so you want to have one-quarter inch to one-half inch of cushioning under your shoe's heel. The cushioning protects and stabilizes your heels. It also reduces shock to your ankle and knee joints.

- Make sure your shoe's sole is supportive and flexible. You want to have a toe box (the front part of the shoe) that's wide enough so it won't hinder your toe push-off or pinch your toes. You'll also need a firm mid-sole to support your arches.
- Go for a practice lap around the store. Ask yourself: Is there enough room for you to wiggle your toes? Do the shoes rub against your heels? Are the shoes comfortable even when wearing a thick pair of socks?
- Don't buy shoes that need to be "broken in." Your walking shoes should fit comfortably when you leave the store.
- Go "alternative" fibers. Cotton socks soak up moisture and perspiration, which can create rubbing and result in blisters. Look for mixed-fiber socks or sock liners, which draw moisture away from your skin.

### **Match the shoe to the activity**

It's not just a marketing ploy that manufacturers make so many different types of athletic shoes. Running shoes absorb shock, tennis shoes control motion, and basketball shoes deliver good traction. Walking shoes are more flexible in the forefoot, with a lower, more rounded heel than running shoes this allows for better shock absorption in the heels and balls of the feet and also more support than a running shoe.

### **Don't buy on price.**

Seek a shoe source with qualified, trained sales people; not just cheap shoes. For the best fit, bring the socks you plan to wear with the shoes.

### **Take a practice run or walk.**

Walk or jog around the store to test the shoes for fit and comfort before you buy. If you do make a purchase, some stores will allow you to return or exchange the shoes as long as they haven't been worn outside. Take this opportunity to spend an extended period of time wearing your new shoes inside.

## **What to do for sore feet**

If your feet hurt, you're not going to enjoy your walk. Some common foot problems are fairly easy to treat and easier still to avoid. Here's how not to get sidelined:

- To avoid blisters, stop them before they start. Keep your feet dry. Steer clear of cotton socks, which soak up perspiration and stretch out of shape. Wear socks made with fibers that draw moisture away from your skin. Or slip on a sock liner under your cotton socks. Rub petroleum jelly on your feet and between your toes before gearing up. This will reduce irritation that can lead to blisters. And finally, don't lace your shoes too tightly or too loosely. The pinching and rubbing may cause blister-forming irritation.
- Pounding usually causes aching arches when you walk. The first thing you need to do is check your form. Are you landing on your heel and pushing off with your toes? If the problem persists, arch supports might help; if that doesn't work, consult your podiatrist or a sports doctor.
- Corns and calluses are painful, and the more you ignore them, the worse they get. Check your shoes to make sure you've got a comfortable fit. And toss thin socks: You need to have a nice cushion between your feet and inside your shoes.
- Blackened toenails are common and painful, and are caused when your big toe hits the front of your shoe. Keep your toenails neatly trimmed and filed. Check your shoe size and wear double socks on the smaller foot if the shoe is too loose. Most people have one foot that's larger than the other. Always buy your walking shoes for the larger foot.

***This week take a walk during your lunch hour!***

The Wheeling Walks 30 Minutes or More Challenge is adapted from the National Association of Governor's Councils on Physical Fitness and Sports, Let's Get Physical 2000 Challenge.

**The Week 3 Challenge is to learn proper stretching techniques and to stretch daily.**

**Warm-up and Stretch by walking normally for 5 minutes to increase your heart rate slowly. Then for 20 minutes walk briskly,. Remain erect, taking full strides and swinging your arms easily. Cool down with a 5-minute slow walk to lower your pulse safely.**

Walking is the best stretching exercise for walking but here are some other stretching techniques you can learn. Remember, stretching is most effective on “warm” muscles, so walk for a few minutes before performing these

stretches, or perform them as part of your “cooldown” routine when you are completed with you walk.

### Warm Up & Stretch Out

Warming up your muscles, ligaments and tendons before you begin any physical activity can reduce your risk of injury. Start your activity slowly, and always spend the first couple of minutes of the activity getting used to the increased effort that exercise places on your body. If you take the time to warm-up before you begin your physical activity routine, chances are you will minimize the possibility of muscle soreness later.

Simple stretching exercises can reduce fatigue and muscle stiffness from a long day at work, tension from traffic jams and too much sitting. Regular stretching also increases your flexibility and can help reduce the risk of injury from physical activity. Ideally, stretching should be a part of your physical activity routine, and muscles respond to stretching best after they are

warmed up. This is a great way to “cool down” from your activity, and it is relaxing, too!

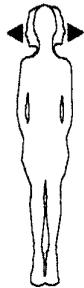
### Stretching Tips

- ✓ Do not bounce
- ✓ Use slow, controlled movements.
- ✓ Stretching should be relaxing... don't forget to breath while you are stretching. Try exhaling gradually as you perform each stretch.
- ✓ Stretch until you feel a slight tension or pulling sensation... stretching should not be painful.
- ✓ Hold each stretch for 10 to 30 seconds each.
- ✓ Don't force a stretch beyond your comfort level. With regular stretching over time, your flexibility will improve.
- ✓ Stretch daily.

### Side to Side Looks

Look straight ahead; slowly turn your head to one side. Hold for 10 seconds, then return to the center. Repeat 3 times on each side.

It improve.



### Ear to Shoulder Stretches

Slowly lower each ear to the corresponding shoulder; hold for 10 seconds, then return to the upright position. Repeat 3 times on each side.



### Neck Rolls

Slowly lower your chin down towards your chest. Roll your neck toward one shoulder, hold for 10 seconds, and then



gently roll to the opposite side. Repeat 3 times.

### Shoulder Shrugs

Sitting in a chair, slowly lift your shoulders up to your ears by squeezing your shoulder blades together hold and tighten for 10 seconds, then release the tension. Repeat 4 to 6 times.



### Shoulder Rolls

Put your hands on your waist; slowly rotate your shoulders in a circular movement forward and around. Repeat 10 times forward and 10 times back.

seconds, then



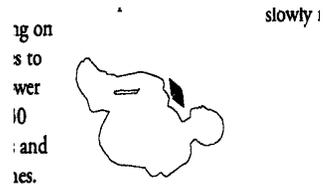
### Lower-Back Stretch, version#1



#2

Sit on the edge of a stable chair with feet on the floor. Slowly bend forward from the waist until your hands touch the floor and you feel a stretch in your lower back. Hold 10 to 15 seconds, then slowly rise back up. Repeat 3-5 times.

## Lower Back Stretch, version#2



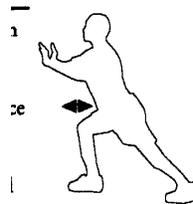
Sit on the floor, and clasp your hands behind your knees. Slowly roll backwards (be sure to do this on carpet or a padded surface), until you are lying on your back. Slowly pull your knees to your chest, while pressing your lower back into the floor. Hold 10 to 30 seconds, then unclasp your hands and lower your knees. Repeat 2-4 times.

## Additional Stretches

These additional stretches may be helpful for maintaining or improving the flexibility in your lower back and legs and can be done if you have extra time.

## Calve Stretch

While standing about 1 –2 feet from a wall, place one foot close to the wall, and extend the other foot behind you, in a step position. Place both arms against the wall, and gradually lean towards the wall, keeping your back leg straight, and ideally, your rear foot flat on the ground. Keep your low back flat and gently press your hips forward. Hold 10–30 seconds. Repeat 2-4 times for each leg.



## Quadriceps Stretch

While standing 1-2 feet from a wall, use one arm to balance against the wall while you use your other arm to reach



behind you and grab the opposite leg just above the ankle. Gradually pull the leg up and back, while keeping your knees close together. Hold 10 to 30 seconds. Repeat 2-4 times for each leg.

***This week concentrate on Stretching.***

The Wheeling Walks 30 Minutes or More Challenge is adapted from the National Association of Governor's Councils on Physical Fitness and Sports, Let's Get Physical 2000 Challenge.

Everyone has lots of reasons why they don't participate in physical activity. Some people call these excuses, we call them Roadblocks and, like a real roadblock, there are always Detours available to get around them. Check out the most common "roadblocks", as well as the ideas to "detour" around each roadblock that you identify with.



## Five of the Most Common Roadblocks & Detours for Getting Around Them

### Roadblock: The "No-Time" Roadblock

"I don't have time to exercise. I'm too busy with work and the kids' school and activity schedules. I'm always in the car just driving people to and from all of their activities."

### Detour – Not Enough Time/Too Busy?

Focus on getting a few (2 to 3) small amounts (10 to 30minutes at a time) instead of trying to block out one, larger period of time into your day.

- Choose casual walks that require less time, or can be done in several short blocks of time.
- Choose times of day that don't require a special change of clothes.

- Remember that walking doesn't require a special change of clothes.
- If you are creative, walking doesn't require a special place to walk.
- Remember safety and create your own walking trail.
- Take a ten-minute walk during a break at work, or before or after your lunch break.
- Look at your daily schedule and determine where time for walking can be added

### Roadblock: The "Nothing-is-Convenient" Roadblock

This roadblock is similar to the "No-Time" roadblock. "It's not convenient for me to find a place to exercise. I can't exercise during the workday, there's no place to change, shower or

clean up. There isn't a health club (or a club that I can afford) near me."

### **Detour – Try Reprioritizing Your Time**

Don't let walking be last on your list of things to do. If you wait until everything else is done, you'll never have time for yourself. Return your phone calls while you walk on a treadmill. Also, you may surprise yourself by discovering times for walking that are already available in your daily activities.

- Park 10 or 15 minutes from work and walk the rest of the way
- Walk a different route to the lunch room or copy room.
- Walk and talk with a co-worker, husband, or friend.
- Borrow a dog on a leash or a child in a stroller and take a walk.

### **Roadblock: The "Too-Tired" Roadblock**

"I'm just too tired to do anything else. By the time I get home from work, make dinner, wash the dishes and get everything else done, I'm just exhausted."

### **Detour – Too Tired?**

Activity is like a jump-start to your internal battery and afterwards you'll be energized, awake, and ready to go. Walk early in the day if this is one of your roadblocks, before your regular daily activities have zapped your energy. Walking will help you sleep better and you'll wake up feeling more rested. Try this simple strategy: When you start to feel drowsy, either during the day or when you are home early in the evening, take 5 to 10 minutes for a short walk around the office or the neighborhood, and see what happens.

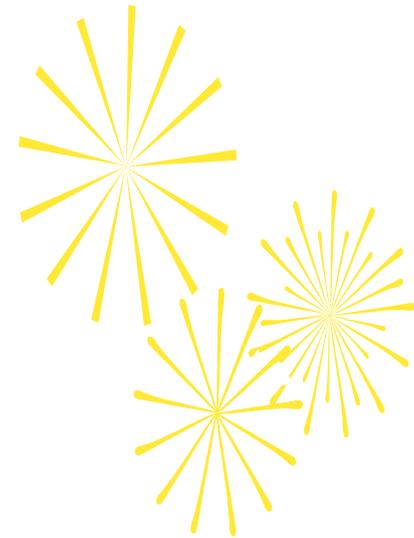
### **Roadblock: The "I'm-Too-Old" Roadblock**

"I'm too old to exercise. At my age, I'm sure there's nothing I can do to get myself back into shape. It's hard to teach an old dog new tricks."

### **Detour – Too Old?**

Regular, moderate walking is beneficial no matter what your age. People who are sedentary report feeling older than they really are, and people who exercise report feeling younger than they are!

See your physician for



recommendations and clearance to start, and when you do get started, take it slowly. Try to walk 30 minutes or more on at least 5 days of the week. But remember this can be done in three 10-minute segments.

## **The “Nothing-I-Enjoy-Doing” Roadblock**

“I just don’t like to exercise. I’ve never enjoyed exercise. I hated gym class in school. I wasn’t into sports, and I’m not competitive. And, I hate to sweat!”

### **Detour – Don’t Enjoy Walking?**

Many people need more variety and options in their walking routine. Look for walking, hiking, or other types of clubs in your community. Some health clubs will let you attend onetime free to see if you like it. Remember, what’s exciting for someone else may be totally boring to you, but be open to other’s suggestions and invitations to join in. Still don’t enjoy walking? Be creative but remember safety!

- ◆ Walk with a friend
  - ◆ Walk the dog
  - ◆ Walk a trail
  - ◆ Get a Walkman and sing while you walk!
  - ◆ Listen to a book on audiotape.
- Walking is not competitive – it is an ideal cooperative activity. How, when,

where, and with who allows for really endless variety.

Let people know you are now a “walker”. Make the declaration and join the revolution

### **Walk Safely**

Although walking is one of the safest ways to exercise, being “street wise” reduces your risk of accidents or injuries. Walking safely also means watching for signs of overexertion, and calling your doctor if a medical problem arises.

### **Safety Tips**

- At night, walk with a buddy and wear reflectors or reflective tape so drivers can see you.
- Walk on smooth surfaces, such as dirt paths or sidewalks. You could trip and fall on an uneven surface.
- Avoid neighborhoods where there are barking dogs; some dogs may bite.

- Never use ankle weights. The added weight can injure your back and joints.
- Always carry I.D. and change for a phone call.

### **Signs of Overexertion**

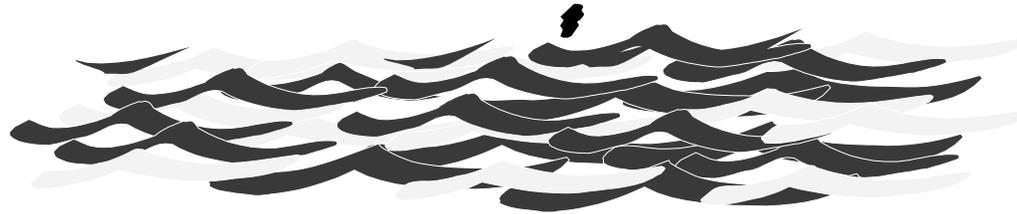
You may be walking too fast if you can’t catch your breath, feel lightheaded or dizzy, feel your heart pounding, or have chest or arm pains. Slow down immediately. If you have a knee or ankle strain or blisters, stop your walks until you heal.

### **Call Your Doctor**

Call your doctor if you feel any chest pain or have an injury, such as an ankle strain, that doesn’t heal after a few days of rest.

***This week write down what your main roadblocks are and how you can overcome them!***

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## **Questions & Answers about water!**

Whether you're just beginning a physical activity routine, or you're an avid runner training for a marathon, water should be your number one liquid of choice... and lots of it! During summer's hot, humid days, adequate water intake is even more important.

### **Why?**

Large portions of our bodies are composed of water, and every day our bodies lose water many different ways, including urine, sweat and tears. This water needs to be replaced.

### **How Much?**

Six to eight 8-ounce glasses of water each day is reasonable for most adults on most days. But you should drink

more during hot and humid weather – especially if you're working or playing outdoors. When performing physical activity, try to drink often (for example, every 15 to 30 minutes). You won't have to consume as much with each drink, and you won't risk that bloated feeling by gulping too much fluid at one time.

### **Plain Water?**

Water is Best! While other fluids contain water, they also contain sugars, coloring, caffeine and other chemicals. One of the main jobs of pure water is to keep your body hydrated so it can operate smoothly. So, drink 8 glasses of pure water each day in addition to anything else you drink.

**The Week Five Challenge is to: Learn about the importance of drinking water on a daily basis .**

### **Wait 'til I'm thirsty?**

Thirst is not an accurate gauge of your body's need for water. In fact, if you wait until you're thirsty, you're probably past due for water and a little dehydrated. Keep a full water bottle or a glass of water with you at all times and sip on it throughout the day.

### **When?**

Whenever you're heading out into the heat (especially in the sun) – even for moderate activities like gardening or walking – begin drinking water as much as two hours ahead of time, and try to consume about 2 glasses of water during this time. As long as you remain in the heat, sip 5 to 10 ounces of water or sports drink every half-hour and continue drinking after you've returned indoors. Don't be fooled by cool weather – you still need to drink water!

### **Practical Recommendations for Fluid Replacement**

\* Don't rely on thirst. Drink before, during and after any physical activity. Get into the habit of taking on fluids during training as well as competition.

\* If the exercise lasts for less than an hour the body should have sufficient electrolyte and carbohydrate supplies to maintain optimal performance. Therefore, for short periods of exercise water is just as good as sports drink.

\* If exercise lasts for over an hour a drink with electrolytes and

carbohydrates will aid performance by supplying additional energy.

\* Contrary to popular opinion a relatively small amount of sweat is salt (0.2 to 0.4%) therefore unless the climate is extremely hot or the activity is over an hour in duration additional salt should not be needed.

\* Always try to drink more fluids than you need. A smaller quantity at frequent intervals helps optimize hydration.

\* The *World Health Organization* recommends drinking **6 to 8** large glasses of water a day. But it must be remembered that this is only to maintain normal fluid balance and does not take into account the extra fluid demands of exercise.

Drink at least **half a liter** of water before exercise to ensure your fluid levels are up to start and then continue taking in as much as you can during exercise.

\* Finally, as a fitness professional a key role for you will be to educate and motivate your clients to adopt 'good hydration practices'.

### **Tips for getting more water into your daily routine.**

- When in doubt drink water!
- It'll save you money in restaurants.
- It is readily available.
- Keep a water bottle handy.
- Bottled water or tap water. There is no difference – it's whatever you prefer.
- You can drink more water if it is at room temperature.

***Every day this week start your day with an 8-ounce glass of water!***

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## What's Blocking You? Part 2

Wheeling Walks Challenge Week #6 (3 pages)

*Here are some more common roadblocks to regular walking. Remember, that for every roadblock, there can be many detours available. Look to see if any of these are roadblocks for you, and then identify at least one detour that you could use to get around it and get back on track.*

**The Week Six Challenge is to: Map out a detour to each of your major roadblocks.**

### **Roadblock: The “No-One-To-Walk With” Roadblock.**

“Walking by myself is too boring. I need somebody to make me walk. And nobody I know has the same schedule.”

### **Detour: No Support?**

Look for classes provided by your local school district or for groups who meet to walk. The Ohio Valley Runners/Walkers Club is a good one in the Wheeling area. Take your dog for a walk; put the kids in strollers. If they are old enough ask them and your

spouse to join you. If you can find someone to walk with on an occasional basis, you may be able to motivate yourself to exercise alone once in awhile.

### **Where to find an interested buddy?**

- School
- Church
- Neighborhood
- Work

Broaden your horizons and test the waters! This may be a great way to meet people!

### **Roadblock: The I’m-Too-Embarrassed” Roadblock**

“I’m just too far gone and out of shape. I’d be embarrassed to even be seen walking. I can’t wear those exercise clothes, I’ll look terrible in sweats and I couldn’t keep up with anyone, anyway!”

### **Detour: Too Embarrassed?**

Wear loose fitting, comfortable clothing. Find an environment where you are comfortable. Believe it or not, but the same clothing used for an evening of TV watching is perfect walking attire. The Ohio Valley has great trails and well-lit streets – seek areas with well-maintained sidewalks. Walk by yourself or to music and you don’t HAVE to keep up with anyone. Ask the health club staff about walks for beginners and/or people of larger size (many clubs are offering these classes). Invest in a treadmill and walk in the privacy of your own home until you feel better about your body and fitness level.

### **Some Trails to try:**

- Wheeling’s Heritage trail
- The Edgewood section of Wheeling
- Wheeling Jesuit University outdoor track

- The Ohio Valley Mall’s Walksport Program

**Roadblock: The “It-Costs-Too-Much” Roadblock**

“It’s just too expensive to exercise. Who can afford those machines they sell on TV or a health club membership. Without spending a lot of money, there really isn’t any exercise you can do that would really help get you into shape.”

**Detour: Too Expensive?**

Think about all of the affordable options there are and stop waiting until you have more money to join a club or buy an expensive piece of equipment. (Remember the stairs are the original stair-climbing machine!). Check out a school track , the YMCA or the YWCA. Even some indoor tracks may be available and free to the public at various times. Walk at the mall. Many malls have walking programs that are free or inexpensive to join. Remember: you can walk right outside your own front door...on Mother Nature’s track!

Walking is FREE! And most quality health clubs will be happy to offer advice on walking locals and performance tips - give them a call.

**Roadblock: The I-Don’t-Have-Any-Willpower” Roadblock.**

“I just can’t stick with an exercise routine, I’ve tried. I know I should exercise, but I’ve never been able to finish an 8-week exercise class or motivate myself to go to a class regularly. There’s always something else I’d rather be doing, anyway.”

**Detour: No Willpower?**

This probably means you haven’t made health a priority in your life or you haven’t found an activity you enjoy doing. Walking with a friend or family member can give you the motivation you need to begin and continue a walking program. Incorporating walking into your daily routine will make walking a healthy habit Use walking as a way to connect with yourself or others. Instead of time on the phone, enjoy time side by side with your friend or family member. Instead of “down time” on the couch, try

“uptime” on a beautiful local trail. Use you walk as private time to meditate and to connect with nature, yourself, or your higher power.

**Roadblock: The “I’ll-Just-Get-Sore-Or-Hurt-Myself”**

**Roadblock.**

“I’ve heard people are worse off if they start exercising than if they just stay sedentary. Besides, my muscles are never stiff or sore until I try to exercise and then I’m sore for days.”

**Detour: I’ll Hurt Myself!**

See a physician if you’re concerned about some aspect of your health (especially your heart), or anytime you change your physical level, but most apparently healthy people of any age can safely engage in moderate levels of walking without prior medical consultation. Invest in the right kind of shoes, and warm-up slowly before you do anything. Use common sense and listen to your body if you’re not feeling right.

**Weight-Loss Maintenance**

From 1960 to 1990, the number of Americans who walked to work

dropped from 6.4 million to 4.5 million.

From 1977 to 1995, the number of local miles traveled in cars by the average American rose from 26 to 39 a day. The typical American child spends almost 40 hours a week as a “media consumer” in a home that contains three TV’s, three tape players, three radios, two VCR’s, two CD players, a video game player, and a computer. No one knows how many calories the average American burns, especially the “micro” energy spent on daily activities like walking down the hall instead of

sending an e-mail. But researchers believe that it has dropped. And small differences add up. The cumulative reduction in energy expenditure can lead to a ten-pound weight gain each decade so it is a major contributor to the obesity epidemic.

But walking 30 minutes a day on 5 days a week can help! Walking has been found to cause a 40% reduction in the risk of diabetes, heart disease, stroke, and gallstones in people that walk just 30 minutes a day! The Surgeon General and the Centers recommend it for Disease Control.

**The most important thing is to get off the couch. Walking is as close as we’ve come to a magic bullet to improve health.**

***This week go for a walk with your family!***

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## **Get off the Couch!**

Wheeling Walks Challenge Week #7 (2 pages)

*“Couch potatoes” are a bumper crop in this country. The Centers for Disease Control and Prevention report that less than 25 percent of adults exercise at the level recommended by the Surgeon General. And our kids are inactive, too. But most people know that physical activity offers tremendous health benefits. Regular walking is good for everyone – young children and senior citizens; men and women, people of all races and ethnic backgrounds benefit from regular and moderate walking.*

**The Week Seven  
Challenge is to  
adopt-a-couch-  
potato.**

### **Walking has heaps of benefits**

- ◆ Like other muscles, your heart gets stronger with use. A strong heart reduces your risk for heart disease

- ◆ You tend to lose muscle as you age. Regular walking is a good way to slow the natural loss of muscle.
- ◆ Maintaining strength in your legs, lower back and stomach area may also help prevent back problems.
- ◆ Aging also causes your bones to get weaker. Weak bones are more likely to break. Bone strength is linked to regular walking. Bone, like muscle, gets stronger the more it is exercised.
- ◆ Death rates are highest for people who are not physically fit. But you don't have to be a jock to benefit from exercise. Regular moderate activities can help you improve your health.
- ◆ Every time you move, you burn calories. If you eat more calories than you burn each day, you will gain weight. Walking burns calories!



- ◆ Walking can help your body cope with stress better. You may also improve your self-esteem, emotional state, energy level, sleep and general satisfaction with life.

### **Adopt-a-Couch-Potato**

Getting couch potatoes off the sofa and doing moderate walking can help them reduce their health risks. Support from family and friends can help inactive people become more active.

Physically active employees or family members can provide support, encouragement and assistance as the person begins walking

The focus of this week is to support and encourage people who are not walking to build moderate walking into their daily lives.

### **How to start**

- ◆ Read and understand the benefits of walking
- ◆ Identify your couch potato (TATER)
- ◆ Explain the benefits to your TATER.
- ◆ Suggest walking at the TATER'S ability level. If you have been walking regularly you are bound to be more fit, so don't expect him or her to match you.

- ◆ **Remember** the goal is to help the TATER.
- ◆ Ask the TATER how you can help them to incorporate walking into their daily routine.
- ◆ Keep in contact with the TATER and let him or her know you care.
- ◆ Offer praise and encouragement when the TATER starts to walk.
- ◆ Express confidence in your TATER even if there has been a temporary lapse in walking.
- ◆ Don't preach or nag.
- ◆ Remember when you help and encourage others, you help and encourage yourself!

### **How does this help me?**

In the end, your TATER will not be the only one to benefit from your efforts. You will probably feel good about having helped a friend or loved one take the first steps toward improving their health. And boosting your own self-esteem by helping someone is great medicine for you! Encouraging others and demonstrating **Your** dedication to walking will help you to continue your own walking regimen.

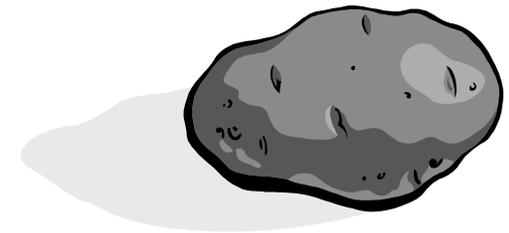
**T – Talk to your TATER about walking.**

**A – Ask your TATER how you can help them get started.**

**T - Take Time to walk with your TATER.**

**E - Encourage your TATER!**

**R - Remember when you help and encourage other, you help and encourage yourself.**



***This week take a walk with a buddy!***

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## Ways to keep Moving Forward

Let's Get Walking Challenge Week 8 (2 pages)

*Even though the Let's Get Walking Challenge is coming to an end...your lifelong habit of walking has just begun. Use this as the start to a lifelong commitment to walking and taking better care of you. In the long run, small changes really do add up and finding ways to make walking part of your daily routine is the best strategy to success.*

**The Week Eight Challenge is to: Learn some new ways to “keep moving forward” with your walking routine!**

Continue to challenge yourself by continuing to log your daily walking activity time! Keep a close eye on your stretching and toning techniques. Challenge yourself each week to track your progress.

Over time, you'll begin to see and feel how these small changes are improving

your health, your energy level, your weight and your outlook on life!

**Here are a few ways to keep you tuned into your activity schedule:**

- ◆ **Enjoy Yourself!** Remember to have fun, and walk the way that works best for you.
- ◆ **Variety!** Find ways to add variety to your routine. Anything you continue to do over and over risks the potential of becoming routine and boring. Find ways to vary your schedule, route, or your routine to keep it interesting and exciting.
- ◆ **Cycle With the Season!** As the seasons change each year, try to change your walking to fit the new weather patterns. Do outdoor walking when possible but find a

comfortable and convenient indoor facility that fits easily into your schedule.

- ◆ **Have a Buddy!** Walk with someone else on an occasional basis, take your dog, child, spouse or a friend along. Meet a co-worker over lunch for a short walk.
- ◆ **Set Realistic Goals!** Set a weekly goal for yourself as well as a long-term goal and chart your progress along the way.
- ◆ **Reward Yourself!** Whenever you meet a significant goal, reward yourself with a day off, an evening out, a new pair of shoes or a new audiotape or CD.
- ◆ **Don't Let a Lapse Become a Relapse!** Everyone goes through periods when he or she isn't perfect or when they don't feel up to their

schedule. Just don't let a temporary lapse become a permanent relapse back to a sedentary lifestyle. Examine what prompted you to "throw in the towel" for that period of time and find ways around that roadblock the next time.

**A Simple Quiz to complete your Challenge!**

Answer the following questions below to see if the Let's Get Walking Challenge helped you to make walking a healthy habit.

Are you consistently looking for ways to add walking into your daily routine?

Y       N

Are you planning ahead so you aren't caught with not enough time to walk?

Y       N

Are you scheduling your walk on a daily basis?

Y       N

Are you keeping an activity log?

Y       N

Are you varying your routine so as not to become bored?

Y       N

Are you enlisting your family and friends to walk also?

Y       N

Are you walking with a buddy?

Y       N

Are you walking almost every day (5 days a week)

Y       N

Are you stretching before you walk?

Y       N

Are you drinking enough water daily?

Y       N

**How did you do? Rate your number of Yes Answers:**

7 or more – Great! Your energy level should be reflecting your physical activity choices.

5 to 6 – Pretty Good! Keep up the good work. Focus on simple solutions and changes you can live with.

3 to 4 – Keep At It! Review each week of the Let's Get Walking Challenge and work on one area at a time: eventually your scores will improve.

Less than 4 – Don't Give Up! See your worksite health promotion coordinator, or seek professional assistance in your area. Remember walking is EASY and can be so much Fun!

***Reward yourself for completing the Let's Get Walking Challenge!***

The Wheeling Walks 30 Minutes or More Challenge is adapted from the National Association of Governor's Councils on Physical Fitness and Sports, Let's Get Physical 2000 Challenge.

## Wheeling Walks 30 Minutes or More Coordinator Evaluation

Name: \_\_\_\_\_ Company: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

1. This was the  first  second  third year we have participated in a company sponsored walking program.

2. How did you promote the program to your employees?  
(check all that apply)

- Company bulletin announcements
- Newsletter
- Bulletin boards
- Payroll insert
- E-mail or electronic bulletin board
- Fax Mail
- Staff meetings
- Registration displays
- Other (please describe):  
\_\_\_\_\_

3. How many of your employees participated in the LGW Challenge?  
Total # of employees: \_\_\_\_\_  
Total # of LGW participants: \_\_\_\_\_  
Total # to complete (turn in log sheet +/- or participant evaluations) the challenge: \_\_\_\_\_

4. Please rate the LGW materials

Very helpful  Moderately helpful  Not helpful

5. Please rate the Coordinator instructions

Very helpful  Moderately helpful  Not helpful

6. Please rate the weekly participant materials

Very helpful  Moderately helpful  Not helpful

7. As the program coordinator, what suggestions do you have to improve, modify, or change the program in the areas of communications, material content, registration and/or record keeping.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

8. Did you sponsor any special events or make any special modifications or adaptations to the program materials?

Yes

No

If yes, please explain:

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If you have any additional comments, ideas, or examples of how you modified or enhanced the program materials, feel free to add more details on another page.

Upon completion of your LGW Challenge, please fax or mail this evaluation form back to Wheeling Walks Worksite Challenge 1-(740) - 695-3820. Wheeling Walks Campaign Headquarters, 66599 Anna Dr., St. Clairsville, Ohio 43950

## Wheeling Walks 30 Minutes or More Participant Evaluation

Name: \_\_\_\_\_

1. As a result of the Let's Get Walking Challenge, I have:  
(check all that apply)
- \_\_\_ added short amounts of walking to my daily schedule
  - \_\_\_ increased my weekly exercise time
  - \_\_\_ drink more water during the day
  - \_\_\_ stretch before exercising
  - \_\_\_ joined a health/fitness club

2. The activity levels and weekly challenges were:
- \_\_\_ too easy
  - \_\_\_ too difficult
  - \_\_\_ just right

3. I  would  would not participate in this Challenge if  
it was offered again.

4. The best thing about the LGW Challenge was:
- \_\_\_\_\_
- \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. The one thing I would change about the LGW Challenge is:
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

6. My motivation for participating in the LGW Challenge was:

- \_\_\_ to win a prize
- \_\_\_ to improve my personal health
- \_\_\_ encouragement from a co-worker
- \_\_\_ because I thought it would be fun
- \_\_\_ I enjoy the challenge of programs like this
- \_\_\_ other (specify) \_\_\_\_\_

7. As a result of my participation in LGW, I am:

- more energetic
- more productive
- less stressed
- eating better
- losing weight
- more fit
- other (please describe)

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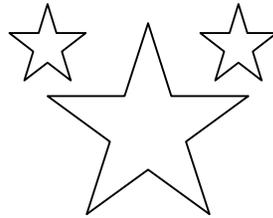
8. Overall, I would rank the Let's Get Walking Challenge as:

- Excellent
- Good
- Average
- Fair
- Poor

**Please return this  
completed evaluation  
form to your Challenge  
Coordinator.**

# Wheeling Walks 30 Minutes or More Challenge

The West Virginia University Department of Community Medicine and the Wheeling-Ohio County Public Health Department



**This certificate is presented to**

**For successfully completing the Let's Get Walking Challenge**  
**Presented this \_\_\_\_\_ day of \_\_\_\_\_, 2001.**

**By** \_\_\_\_\_

\_\_\_\_\_

**Title** \_\_\_\_\_

Bill Reger Ed.D  
WVU Department of Community Medicine

## References:

1. American Heart Association, Adopt-A-Couch-Potato, 1998.
2. National Center for Chronic Disease Prevention and Health Promotion, Nutrition and Physical Activity Talking Points, [www.cdc.gov/nccdphp/snpa/readysset/talkpoin.htm](http://www.cdc.gov/nccdphp/snpa/readysset/talkpoin.htm) Nov.16, 1999.
3. American Heart Association, Living the Active Life, 1998.
4. National Association of Governor's Councils on Physical Fitness and Sports, Let's Get Physical 2000 Challenge, [www.physicalfitness.org](http://www.physicalfitness.org).
5. Mayo Clinic Health Information, Outdoor Recreation coalition of America and Walking Magazine.
6. *Walking For Fitness, Safe Aerobic exercise for everyone*, Krames Communications, 1988.
7. *ThriveOnLine*
8. Promoting Physical Activity: A Guide for Community Action, U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity.
9. ***Fluid Regulation and Hydration***  
By: Karen Hambly FitPro, June/July 1998
10. *Nutrition Action Health Letter. Diet and Health Ten Megatrends*. January/February 2001. Volume 28/Number 1. Center for Science in the Public Interest.