

21-Day Activity Log



seize this day! Shape a Healthier Heart

Start Date

of Minutes, Distance
and/or Pedometer Steps

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
21	

Pedometer Tip Rather than hit reset every day, try logging your accumulated steps each day at about the same time, and wear your pedometer during your waking hours. When you add more foot traffic of all sorts, you can enjoy seeing those numbers really add up.



5 Fun Fitness Facts ☺

- Active play with your children or grandkids can burn off as many calories as a brisk walk.
- The oldest person to finish a full-length marathon was 100 years old.
- “Doga” is a type of exercise where people practice yoga moves with their canine companions.
- Raising your activity level can lower your blood pressure by as much as 4 to 9 mm Hg — the same reduction in blood pressure delivered by some antihypertensive medications.
- You lose about a pound of lean muscle mass per year after age 30 — but lifting weights 2-3 times per week can prevent muscles from turning to fat.



Shape up and love active living.

Healthy Resolutions

For Singles, for Families

I will

- Commit to daily physical activity — and stick with it.
- Commit to making healthier food choices — one goal at a time.
- Set realistic goals to encourage fitness and healthy eating habits for a lifetime.
- Track progress using a pocket tracker, mobile app or reliable website, or another resource recommended by your wellness program.

This brochure is intended to promote healthy habits. It is not intended as a substitute for medical advice or professional care. Before making significant changes to diet or exercise, consult your health care provider, especially if you are managing a health condition. © 2012 Oakstone® Publishing, LLC, dba Personal Best®. All rights reserved. R0312 BHW24421

Fitness You Can Fit In Anytime, Anywhere

The Fast Way to Feeling Great



Don't Have Time to Exercise? *Surprise!*

If you're sitting down reading this, stand up. Now raise yourself up on your toes and slowly lower yourself down. Repeat a few times. Guess what? You're exercising.

That's right. It's just that quick and easy. With so much to do every day, lack of time is one of the most common **excuses** for not exercising. If you think you don't have time to exercise, you might be surprised to learn that fitting exercise into your busy schedule is easier than you think.

If you're reading this sitting down, stand up and stretch or march in place.



Healthy benefits reserved for you!

- More energy
- Better sleep
- Less stress
- More confidence
- Weight control
- Healthier heart
- Stronger bones
- A healthier you

Aim for at least 30 mins daily.

Are you a couch potato? Are you managing a chronic health condition? Talk to your doctor, health care provider or health coach before making major changes in exercise.



For the glow of good health, you must exercise.

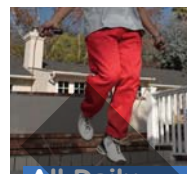
21 Ways to Fit More Fitness Into Your Day

Rather than feel discouraged about a lack of time for exercise, focus on the many ways you can fit fitness into your day. A little effort and a few more steps here and there will add up.



Burn About 100 Calories in Less Than 30 Minutes*

1. **Jumping rope** 8 minutes
2. **Mowing the lawn** 25 minutes
3. **Basketball** 11 minutes
4. **Running** (5 mph) 12 minutes
5. **Weightlifting** (free weights) 17 minutes
6. **Dancing** (disco, step) 13 minutes
7. **Tennis** (singles) 12 minutes
8. **Gardening** (general) 25 minutes
9. **Swimming** (freestyle laps, light or moderate effort) 17 minutes
10. **Walking** (3 mph) 20 minutes



All Daily



Activity



Adds Up!

* Approximate values for a person weighing 150 pounds at a moderate pace in continuous motion. The more you weigh and the faster your pace, the more calories you burn.

Trimmers and Toners

11. **Weed, rake** and **work** in the garden.
12. **Carry** groceries in for a neighbor.
13. **Walk** the stairs and escalator at every opportunity.
14. **Park** at the end of the parking lot and walk.
15. **Pick up** around the house.
16. **Ride** a stationary bike while watching TV.
17. **Walk** two blocks before or after work daily.
18. **Walk** a complete lap around the mall next time you shop.
19. **Wash** windows or sweep walkways.
20. **Get up** and walk while talking on the phone.
21. **Play** outside with your children, your grandchildren or the dog.

More Fitness Moves

- ✓ March in place, pushing your palms up toward the ceiling. Step it up with jumping jacks.
- ✓ Take the stairs instead of the elevator. Start with one flight; add reps as you get stronger.
- ✓ Take a light stretch break every hour (if allowed) to wake up sleepy muscles.
- ✓ Keep hand weights or resistance bands on hand for strength building.
- ✓ Try shadow boxing or rhythmic arm and leg movements.
- ✓ Consider portable fitness equipment that can help you stay active.

Join the movement!

3 Ways to Stick With It

1. **Vary your activities.** Bike one day, swim the next and play basketball with friends the day after that. Do activities you enjoy.
2. **Get a partner.** You can keep each other motivated and enjoy each other's company while you hike, jog or bike together.
3. **Reward yourself.** Put a few dollars into a savings account every time you exercise; call it your "fitness dividend." Do something special with what you have earned.



Track Your Steps

A pedometer is a small, inexpensive device that attaches to your waistband and records how many steps you take. Some models also record distance and time. Set "step goals" for the week and keep track of your progress. **Suggestion:** Wear your pedometer all day to find out how many steps you take without even trying. Add a few hundred steps every two weeks.



Buddy Up

Good conversation can make the steps fly by. Try starting a walking club. **Here's how:**

- ✓ **Recruit and meet.** Hold your first meeting at a neutral location such as a coffee shop, mall or library. Set goals for the group and determine interest.
- ✓ **Plan.** Decide how often the group will walk together, the route, meeting place and time, and how long you'll walk.
- ✓ **Organize.** If your group stays together, you might consider having T-shirts made, creating a newsletter or entering charity walks together.

There's safety, motivation and fun in numbers. View walking as a social occasion as well as an exercise session, and you will succeed.



DID YOU KNOW?

The American Heart Association says a program that includes fast walking can significantly help stroke sufferers recover cardiovascular fitness, muscle coordination, strength, posture, balance and range of motion. **Note:** If you've had a stroke, talk to your health care provider before you increase your exercise level.

Start Off on the Right Foot

A walking program can set the stage for a lifetime of healthy activity. You don't need a lot of preparation, fancy equipment or know-how to start a walking program that works. If you're new to exercise, first check with your health care provider to be sure walking is safe for you.

Simply take a few more steps each day, and walk your way to better health.

- **Take natural steps, not giant strides.** Taking big steps can stress your calf muscles and overextend your knees.
- **Use talking to judge intensity.** Easy talk = casual pace; halting speech = brisk pace; and can't speak = too fast.
- **Lace up properly.** Properly fitted, well-cushioned walking shoes help prevent blisters and shin, knee and heel pain.
- **Drink plenty of fluids.** This is especially important on hot days when your body can lose up to a quart of fluid per hour.
- **Be in the know.** Walk in familiar, well-populated areas and make sure someone knows your route.
- **Open your ears.** Your safest bet is to leave the earphones at home. If you do wear them, lower the volume so you can hear sounds around you.
- **Stay on the sidewalk.** If no sidewalk is available, walk against oncoming traffic so you can see vehicles as they approach.
- **Stay in sight.** If you walk at twilight or after dark, wear reflective materials. At all times, wear light-colored clothing that's easy to see.

This brochure is intended to promote good health. It is not intended as a substitute for medical advice or professional care. Before making significant changes to your exercise level, you may need to consult your doctor or health care provider. © 2012 Oakstone® Publishing, LLC, dba Personal Best®. All rights reserved. BHW24521

Walking for Better Health

One Step at a Time



Why Walk?

You do it every day, and chances are you rarely think twice about it.

Walking — the way you move from point A to point B — could also bring these health benefits:

- Reduce your risk of heart disease.
- Lower high blood pressure, or keep normal blood pressure on track.
- Reduce your risk of type 2 diabetes, or manage the condition if you already have it.
- Help you maintain a healthy weight, or lose weight if you need to.
- Reduce your risk of developing osteoporosis.
- Manage stress and help you feel more positive.
- Sleep better.

What are you waiting for?

Lace up your walking shoes, and head out the door for an easy workout. This brochure can help you start and stick with a walking program.

Warm Up & Stretch

As you begin walking, do a five-minute body warm-up using your largest muscles repeatedly (such as arm swings and back rotations) prior to brisk walking. This helps stimulate your muscles' range of motion and reduce joint stiffness and post-exercise soreness. Never stretch a "cold" muscle. A good time to fit in stretching is after any brisk exercise. Hold your stretches to maintain and improve joint range of motion and overall mobility and flexibility.



Ready to Walk?

STEP 1

Start Slowly

Don't expect too much right away. Start out by walking at a moderate pace for just 10 minutes.

Goal: Walk most days of the week, even if it's just for a few minutes.

STEP 2

Try a 3-Part Walk

Walk slowly for five minutes; increase your speed for 10 to 20 minutes; then end with five more minutes of slower walking.

STEP 3

Get Motivated

Set goals. Track your program in a walking journal. Record how far you walked, how long and how many times per week. Include health benefits you've experienced since you started walking — such as improved sleep, less stress or weight loss.

STEP 4

Stay Steady

Treat your walking workouts like an important appointment you can't miss. Increase your speed and time walked gradually. Add two to three minutes per week to the fastest portion of your walk. **Goal:** Increase your walk time to at least 30 minutes per day most days.

STEP 5

Dress Right

Wear layered clothing that's appropriate for the season. Wear a hat in cold weather, and put on sunscreen before you head out, no matter what the season. Look for synthetic fabrics that remove sweat from the skin and help it evaporate.

STEP 6

Beat Boredom

Vary your route, add a few hills or challenge yourself by increasing your speed. Walk with a friend or take the dog. **Tip:** Alternating days outdoors with walking indoors on a treadmill or at the mall can help you stick with your program.



Walking Off Weight

Aiming to lose one to two pounds per week is a sensible plan weight loss. To lose one pound, you'll need to burn 3,500 calories more than you take in over the course of a week. **Try this:** Cut 250 calories from what you eat each day (sodas, snacks or high-calorie fast foods, for example), and walk using the guide below. You can cut 500 calories per day this way to help you reach your weight-loss goal.

For a person weighing 131-160 pounds:

Walking 3.5 mph	Calories burned*
Half hour	90-120
1 hour	180-240

Walking 4.5 mph	Calories burned*
Half hour	120-150
1 hour	240-300

* This guide is provided by Shape Up America! The calories you burn through physical activity are affected by the type of activity and your weight.

Boost Energy Output

- Look for walking opportunities. Take the stairs at work, walk the escalator or park farther away from the door.
- Walk farther or faster.
- Pump your arms, with your elbows close to your sides.
- Alternate brisk walking with slower walking.
- Burn more calories by walking uphill. **Tip:** Take it slowly and carefully on the downside to go easy on your knees.



Walk A Day™ JOURNAL



Take your first step on the path to good health for life.

This Book Belongs to:

NAME

ADDRESS

PHONE

E-MAIL

ALLERGIES

MEDICATIONS

IMPORTANT CONTACTS

In Case of Emergency

NAME

PHONE

NAME

PHONE

Health Care Provider

NAME

PHONE

NAME

PHONE

Pharmacy

NAME

PHONE

Health Insurance Company

NAME

PHONE

POLICY NUMBER



Fitness Made Easy –

with the Walk a Day™ Journal

No wonder walking is so popular - it's easy on your body, burns calories, builds muscle, doesn't require expensive equipment and can be done by almost anyone anywhere.

A walking routine – along with a nutritious diet – can reduce your risk of conditions such as type 2 diabetes, heart disease, hypertension, and osteoporosis.

Maintain a brisk pace and walk regularly, at least 5 days a week. Start with 10-minute sessions and gradually lengthen them. Short walks are beneficial, too – three 10-minute or two 15-minute walks that add up to 30 minutes each day improve your health.

Tip: You can burn more calories and increase muscle mass and heart health if you walk uphill, walk farther or walk faster. For example, a 30-minute walk by a 150-pound person at 2 mph or a 68-kilogram person at 3.2 km/h burns about 60 calories, while walking at 3 mph or 4.8 km/h burns about 90 in the same time frame.

Use this journal to track your daily progress: Distance/Number of Steps; Other Activity; Weight; Other; and Weekly Goals and Accomplishments (such as walk 5 times a week or cut 200 calories a day).

*Take your
first step on the
path to good
health for life.*

Staying On Course

Now that you've committed to walking for better health, you're probably looking for ideas to keep your walking routine from getting a little too routine:

- Change your ways. Find a more scenic route such as a park or nature trail – provided it's safe. If you typically use a treadmill, try walking outdoors. If you walk outdoors, try walking in a mall.
- Find a walking partner. A friend can keep you motivated. Dogs love walking, too!
- Energize your workout. Boost your pace or add a few hills to increase your heart rate. Walking uphill burns more calories than walking on a flat surface.
- Tweak your technique. For maximum benefit, watch your form: chin up, tummy in and shoulders back. Let your arms swing and your hips and legs move naturally.
- Step in time. March to music, but always stay aware of your surroundings. Earphones can be a safety risk if they keep you from hearing traffic or other hazards.

Note: Consult your health care provider before significantly increasing your exercise level.



As you start your daily walking program, keep these tips in mind to avoid strain:

1

Always warm up before vigorous exercise.

Simply walk normally for at least 5 minutes to gradually increase blood flow and reduce the risk of injury. Then pick up your pace.



2

Take normal steps, not big strides.

Let your leg motion be smooth and natural, with your heel striking first; push off with your toes at the end of each step.



3

Wear properly fitted walking or running shoes with wear-resistant, flexible soles. They help protect your feet as well as your legs and back.

Is Weight Loss One of Your Goals?

For many people weight loss is a primary health goal – one that can help you live better and longer. Losing just 10% of your current weight may significantly improve your health provided you keep it off.

How do you measure up?

One sign that you may be overweight is your waist circumference. To measure it:

- Run a tape measure around your body just above the highest point on each hip bone.
- A measurement of more than 35 inches or 88 cm (for women) or 40 inches or 102 cm (for men) may increase your health risks.

500 Rule: You can lose 1 lb or .45 kg a week by cutting 500 calories a day this way:

- Burn 250 calories in extra activity.
- Consume 250 fewer calories with smaller portions and fewer snacks.

If losing 20 to 30 lbs or 9 to 14 kg seems hard, focus on losing just 1-2 lbs or .45-.91 kg a week – that's 10 lbs or 4.5 kg in just 5-10 weeks.

Current Weight _____

Desirable Weight _____

Calories Burned in 10 Minutes of Walking

Calories burned for walking depend on the type of walking (for example, speed and terrain) and your weight. It takes more energy (calories) to move more weight. Amounts are approximate.

Activity Calories/ 10 minutes	120-130 lbs or 54-59 kg	140-150 lbs or 63-68 kg	160-170 lbs or 73-77 kg	180-190 lbs or 82-86 kg	200-210 lbs or 91-95 kg
Walking 2.0 mph or 3.2 km/h	20	20	30	30	30
Walking 3.0 mph or 4.8 km/h	30	30	40-50	50	50
Walking 3.5 mph or 5.6 km/h	30	40	40	50	60
Walking 4.5 mph or 7.2 km/h	40	40-50	50	60	60
Hiking	40	50	60	60-70	70
Snowshoeing	70	80-90	90-100	100	120
Stairclimbing, Treadmill	50	60	70	80	90

Walking Guideline: First, count the steps you take in one minute – each foot touching the ground counts as one step. Walk for 30 minutes at a moderate-intensity pace of about 100 steps per minute, or 3,000 steps (one mile ranges from 1,100 to 2,300 steps; one kilometre is 700-1,320 steps).

Moving target:
30 minutes a day of
added activity!

Track Your:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Distance/Steps							
Time							
Other Activity							
Time							
My Weight							
Other _____							

WEEK OF:

I will ... _____

I accomplished ... _____

Renew your exercise goals. One way is to identify specific goals: Make them attainable yet challenging. Then create a plan and record your progress in a journal. “Seeing” your results can help make them a reality and keep you motivated.

Moving target:
30 minutes a day of
added activity!

Track Your:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Distance/Steps							
Time							
Other Activity							
Time							
My Weight							
Other _____							

WEEK OF:

I will ... _____

I accomplished ... _____

Exercise precaution during your workout: Increase your exercise intensity gradually to avoid injury. Stop if you become winded or dizzy or feel pain, strain or cramping. Don't "play" through your pain.

Moving target:
30 minutes a day of added activity!

Track Your:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Distance/Steps							
Time							
Other Activity							
Time							
My Weight							
Other _____							

WEEK OF:

I will ... _____

I accomplished ... _____
