

**Walking for Wellness
Program
For PSU Employees**



**Moving in a Healthy
Direction**

Walking For Wellness Program

Guided campus walking tour offered two days a week – on Tuesday's and Thursday's

Date: Sept. 11, 2007 – Nov. 1, 2007

Time: 12:00 – 12:30 PM

Location: University Oval

Cost: Free

Dress appropriately to weather conditions and be sure to wear comfortable shoes!

Walking for Wellness Traveling Trophies

A traveling trophy will be awarded to the 1.) **Individual** and 2.) **3-person** team that walks the most time **on campus**. Trophies will be presented at the Pre-Game show during the last home FB game against Emporia. This trophy will be displayed the participant's respective department(s) until the following semester, where it will then travel to the new walking winners.

Rules:

1. Team members/individual can walk either during scheduled guided walking tour or on their own time schedule.
2. **All** logged minutes **MUST** be on campus. (*Off campus walking is not eligible for logging purposes*)
3. Teams are not required to walk together as a group.
4. Consolidate total daily team minutes for logging purposes.
5. Individuals can only participate in one category – individual or team.

Walking for Wellness Log forms are available on the Gorilla Basic Training website:

<http://www.pittstate.edu/hrs/GorillaBasicTraining.htm>

Moving In a Healthy Direction



Walking for Wellness Program

Welcome to the **Walking for Wellness Program!** Congratulations on taking the first steps to a **healthier** you! The primary goal of **Walking for Wellness** is to encourage **employees** to increase their regular exercise and improve their physical fitness, contributing to their overall **health** and **well being**. We hope this program will help you make physical activity a regular part of your everyday life.

Why Walk?

We all know that exercise is important for good health and to feel good. In 1996 the US Surgeon General released a report that showed:

- People can improve their health by becoming moderately active on a regular basis.
- Physical activity does not need to be strenuous to have health benefits.
- The more activity you do, the greater the health benefits.

Walking Will:

- Increase your energy level
- Make you feel good
- Help you relax
- Help you sleep better
- Tone your muscles
- Help you manage your weight
- Lower your risk of heart disease, diabetes, high blood pressure, and colon cancer
- Help you control your appetite

Is it okay for me to walk?

Answer the following questions before you begin a walking program.

- Has your health care provider told you that you have bone or joint problems, like arthritis, that could get worse if you are physically active?
- Are you over 50 years old and not used to a lot of physical activity?
- Do you have a health problem or physical reason not mentioned here that might keep you from starting a walking program?
- Has your health care provider ever told you that you have heart trouble?
- When you are physically active, do you have pains in your chest or on your left side (neck, shoulder, or arm)?
- Do you often feel faint or have dizzy spells?
- Do you feel extremely breathless after you have been physically active?
- Has your health care provider told you that you have high blood pressure?

If you answered yes to any of the questions, please check with your health care provider before starting a walking program or other form of physical activity.

Helpful Walking Tips:

- Wear comfortable clothing for your walking conditions.
- Wear a well-fitted shoe designed for walking.
- Wear comfortable socks. Pay attention to hot spots on your feet- these are the first signs of blisters.
- Wear sunglasses to protect your eyes from harmful UV Rays.
- Drink plenty of fluids before, during and after walking.
- Remember, you should be able to carry on a conversation while you walk. If you can't, just slow down.
- The key to achieving your walking goal is to build up to it little by little.
- Make sure you warm up and cool down, slowly and gradually.
- Stretch after your walking sessions.
- Listen to your body. If you experience pain, stop walking immediately and seek medical attention.

Consider a Pedometer?

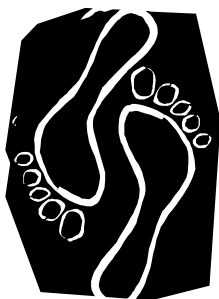
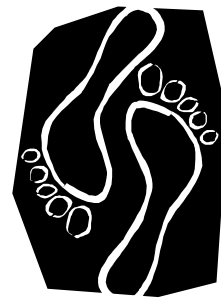
While any increase in walking will help promote good health, most health experts recommend 30 minutes a day, on five or more days a week, or 10,000 steps daily, to produce the best, long term health benefits.

A pedometer is a great way to measure your daily physical activity.

10 Ways to Increase your steps

Most people walk between 3,000 and 5,000 steps each day. You can boost your steps by making some simple choices :

1. Park your car farther from the office.
2. Instead of using the drive-up window at the bank, park and walk in.
3. Get up from your desk and walk for a few minutes several times per day.
4. Take the stairs instead of the elevator.
5. Establish a routine of taking a 10-minute walk after dinner.
6. Walk around while you are on the phone.
7. Use your lunchtime to take a walk.
8. Walk to the coffee machine or restroom farthest from your office.
9. Take a walk while waiting at the doctor's office or a restaurant.
10. Exit the bus several stops before your destination and walk the rest of the way.



Whether you are tracking minutes, miles, or steps, this guide will help you determine how far you have gone.

| <u>Steps</u> | <u>Miles</u> |
|--------------|--------------|
| 1000 | .5 |
| 2000 | 1.0 |
| 3000 | 1.5 |
| 4000 | 2.0 |
| 5000 | 2.5 |
| 6000 | 3.0 |
| 7000 | 3.5 |
| 8000 | 4.0 |
| 9000 | 4.5 |
| 10000 | 5.0 |

To avoid injury, start out slowly. Work your way up to 10,000 steps gradually. Also Remember, 10,000 steps may not be realistic for everyone. Talk with your doctor or other health care provider to set a goal that is right for you.