



Southwest Nebraska Public Health Department

PREVENT • PROMOTE • PROTECT



Walk to Health

Special points

- How to start your walking program
- Why Walk?
- Boosting Energy Output
- Stepping Out Safely
- Banana-Peach Smoothie Recipe

STARTING YOUR WALKING PROGRAM



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



2. Try a 3-Part Walk
Walk slowly for 5 minutes; increase your speed for 10-20 minutes; then end with 5 more minutes of slower walking.



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.



4. Stay Steady
Treat your walking workouts like an important appointment you can't miss. Increase your speed and time walked gradually. Add 2-3 minutes per week to the faster portion of your walk.



5. Dress Right
Wear layered clothing that is 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.



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.

GOAL: Increase your walk time to at least 30 minutes per day most days.



WHY WALK?



- Reduces your risk of heart disease



- Reduces your risk of type 2 diabetes, or manages the condition if you have it already



- Lowers high blood pressure, or keeps normal blood pressure on track

- Helps you to sleep better

- Helps you maintain a healthy weight, or lose weight if you need to



- Manages stress and helps you feel more positive



- Reduces your risk of developing osteoporosis

Walk to Health Coordinator

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Walk to Health program
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www.swhealthdept.com

Boost Energy Output

Getting the Most Out of Your Walk



Look for Walking Opportunities.

Take the stairs at work, walk the escalator and park farther from the door.



Walk **farther or quicker** as your endurance and leg strength improve.



Pump your arms, with your elbows close to your sides.



Consider carrying light hand **weights** (1-pound to start).



Alternate brisk walking with slower walking.



Change **walking surfaces**—grass, gravel and beach burn more calories than walking on pavement.



Burn more **calories** by walking **uphill**.

Tip: Take it slowly and carefully on the downside to go easy on your knees.

Walking Off Weight

Aiming to lose 1-2 pounds per week is a sensible plan for long-term weight loss. To lose 1 pound, you will 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 also take a brisk walk. You can cut 500 calories per day this way— for seven days that would amount to 1 pound lost per week.

For a person weighing approximately 150 pounds

Walking 3- 5 mph	Calories Burned
Half Hour	Approximately 120
1 Hour	Approximately 240
Walking 4-5 mph	Calories Burned
Half Hour	Approximately 150
1 Hour	Approximately 300

Did You Know?

Experts recommend 30 minutes of moderate physical activity at least five days a week. That's less than 1.5% of the total time in a week!

A 150 lb person would burn this many calories after 30 minutes:

- **Aerobics, low-impact** 136 calories
- **Basketball, shooting hoops**, 119 calories
- **Bicycling, 12 mph**, 238 calories
- **Bicycling, stationary, vigorous**, 324 calories
- **Gardening**, 102 calories
- **Inline skating**, 374 calories
- **Jogging in Place**, 258 calories
- **Jumping rope, slow**, 238 calories
- **Raking lawn**, 112 calories
- **Running, 6 mph**, 306 calories
- **Swimming, slow**, 204 calories
- **Walking, 3.5 mph**, 95 calories

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. Aim for 10,000 steps a day.



Stepping Out Safely

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

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. Aim for at least 64 ounces (8—8 oz. or 8-1 cup servings of water) a day. Drink more water when you are exercising.



Be in the know. Walk in familiar, well-populated areas and make sure someone knows your route. Carry a whistle, mace, cell phone or change for a phone call in case of an emergency.



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 approaching.

Stay in sight. If you walk at twilight or after dark, wear reflective materials. At any time, wear light-colored clothing that is easy to see. Carry a flashlight.



Carry identification.

Put your name, address, phone number and emergency contact information in your shoe or tie it to your shoelace.



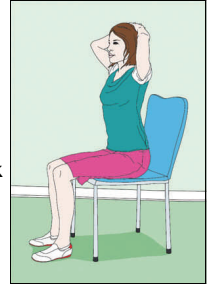
Leg Stretch:

While standing, extend left foot forward, keeping knee over ankle and right heel on floor. Hold position for 30 seconds. Return to standing and repeat with right side.



Upper Back Stretch:

Sit up straight with fingers interlaced behind head. Keeping shoulders down, lift chest and bring elbows back as far as you can. Hold for 10 seconds.

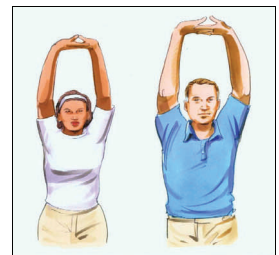


Quick Everyday Stretches

Knee Pull: While seated, bring one knee up toward chest as high as possible. Hold with both hands for 30 seconds. Release and repeat with other knee.



Overhead Reach: Raise arms overhead and interlace fingers with palms facing up. Keeping shoulders down, stretch upwards. Hold for 20 seconds.



Banana-Peach Smoothie

Ingredients:

1 cup mashed ripe bananas (about 2 large), frozen
1/2 cup low-fat milk
1 cup peach nectar

Place all ingredients in a blender. Cover and blend 30 seconds or until smooth. Serve immediately over ice cubes.

3 servings (about 3/4 cup each)

Nutrition Information (per serving)

Calories: 135
Protein: 2 g
Carbohydrates: 30 g
Fat: 1 gram
Cholesterol: 3 mg
Sodium: 25 mg
Potassium: 390 mg



Courtesy of Betty Crocker "Low Fat, Low Cholesterol" March 1994, #90 Issue

Selecting Bananas

Avoid bananas with brown spots that seem very soft. Select those with a nice color, specific for the variety. Choose fruit that is firm and free of bruises.

Best eating quality has been reached when the solid yellow skin color is speckled with brown. Bananas with green tips or with practically no yellow color have not developed their full flavor. Bananas are overripe when they have a strong odor.

To further ripen bananas leave at room temperature for a couple of days. Once ripe you can store in the refrigerator for 3 to 5 days. The peel may turn brown in the refrigerator, but the fruit will not change.

 **Southwest Nebraska
Public Health Department**

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Motivation is what gets you started.
Habit is what keeps you going.
—Unknown

Move More!

- Walk around, stretch or lift hand weights while talking on the phone.
- Stretch or jog in place while watching television. Jump rope during commercials.
- After dinner, bypass the TV and go for a walk.
- Park on the far side of the lot and speed-walk to the store or office.
- Take the stairs instead of the elevator.
- Get moving during one-on-one meetings. Have your discussion while going for a stroll.
- Walk up and down the field while watching your child play soccer or baseball.
- Wash your car by hand instead of taking it to the carwash.
- Plan a walk, hike or bike ride instead of a dinner or drink with friends.
- Look into “quick circuit” training facilities near your work or home.
- Get up a half-hour earlier each day and go for a walk or do some other physical activity that you enjoy. It’s a great way to jump-start your day!

IMPORTANT DISCLAIMER!

Always check with your doctor before starting any new physical activity program or before increasing your activity level.

The information contained in this newsletter should be used for suggestions and informational purposes only. This information should never take the place of your doctor’s recommendations.

If you have concerns, please seek the advice of your primary care provider.

