HEAL tool kits are for information purposes only. Users should always consult with a qualified and licensed physician or other medical care provider as to any issues related to their health. This is especially important before beginning any exercise programs, and users should understand that there is the possibility of physical injury when participating in an exercise program. Users are warned to follow the advice of their physician prior to engaging in any of the exercises/advice contained in these tool kits.
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Your journey to better fitness and weight management begins with 10,000 steps! You already get exercise each day – carrying groceries, walking upstairs, mowing the lawn, vacuuming, and other daily tasks. These all contribute to your health and well-being. How much exercise is enough? With life at a frantic pace many lack the time or motivation to adhere to a strict exercise regime. How do we know the level of activity necessary for optimum health?

The Cooper Institute for Aerobics Research in Dallas, Texas, conducted the largest study ever performed on physical fitness and health. They found a strong relationship between fitness and the prevention of diseases. A change in fitness was found to reduce the risk of death more than a change in any other risk factors. For example, fit people with any combination of risk factors (smoking, high blood pressure, obesity) have lower mortality rates than non-fit individuals with no risk factors.

**Simply going from below-average fitness to average fitness dramatically reduces the risk of disease and improves the quality of life.** Making this improvement based on the study’s findings, mean the accumulation of 30 minutes a day of “meaningful” cardiovascular activity. The study also concluded that 30 minutes a day translates into approximately 10,000 steps throughout the course of a day. Currently only about 22 percent of Americans meet this activity standard.

Walking may have more advantages than any other fitness activity, and yet it is the most basic and fundamental. **Walking has many benefits including:**

- It is safe and non-intimidating
- It requires no special skills
- All ages can participate
- It is recommended for medical conditions such as diabetes, hypertension and heart disease
- No special equipment is required
- You can walk anywhere
- You can do it on your own or with others

**HEAL Video – The Benefits of Walking**

The 10,000 Step Program is a fitness activity program where all your daily activities are combined with some structured activity. We’ll also provide you with educational materials, and supportive motivation and behavior modification. For immediate and ongoing activity feedback the 10,000 Step Program participants use a digital pedometer. This digital pedometer keeps track of your steps, accumulated miles and approximate caloric expenditure during all exercise, as well as your lifestyle activities throughout the day.

In addition to an increase in exercise, you have the ability to make even more significant changes, by making simple changes to your diet, ones that will greatly reduce the potential for
disease, slow the aging process and increase your energy level. The strategies offered are not complex but they do require desire, planning, and follow through.

5 Steps to improve the quality of your diet – an investment in vitality
Your nutrition plan is designed to build healthy habits into your lifestyle – habits you’ll keep for a lifetime. Your long-term goal is to improve the quality of your diet – so that your diet energizes you while promoting your health and well-being. Each step is independent. You will choose what steps you do, in what order, and how long you work on each step. To reap the most rewards, complete all of the steps, adding one each week.

One Step at a Time

Making any change requires desire, commitment, planning, and execution. Take it one step at a time – don’t try any overhaul your entire diet overnight. Focus on one step, sampling and experimenting, until your “new ways” feel routine. After you have mastered one step move on to the next. Before you know it, you’ll be eating healthier and feeling better. Best of all you’ll know your making an investment in your health and fitness that will last a lifetime.

During the 10,000 Step Program, you’ll work toward building healthy activity and eating habits into your lifestyle – habits that will last you a lifetime! The 10,000 Step Program includes weekly and daily activity goals as well as strategies for incorporating cardiovascular fitness, strength, flexibility and healthy eating into your busy lifestyle.
Week 1: Getting Started

Congratulations on taking the first step toward a lifetime of fitness. Your participation in the 10,000 Step Program will guide you toward developing an active lifestyle which will improve the quality of your life and help you maintain a healthy weight.

The 10,000 Step Program is a program to help you build activity into your lifestyle. Through education, behavior changes and reinforcement from your Lifestyle Activity Meter and daily logs, you’ll change habits acquired over years. While change is never easy, the 10,000 Step Program will help you gradually make the shift to a more active and healthy lifestyle.

Most people underestimate their level of activity. The primary tool for monitoring your success in this program is a digital pedometer, activity tracker (Fitbit), or smartphone. It will accurately track:
- The number of steps you take daily
- The distance you travel in miles
- Your total caloric expenditure for all activities

Your activity tracker is your reminder to “get up and get active.”

Throughout each day you’ll perform many daily tasks each of which count toward your daily totals. During the program, you’ll also learn simple strategies to help lead a more active life. Each week you’ll set goals and utilize strategies, which will lead you toward the 10,000 steps per day activity level recommended by the Cooper Institute for Aerobic Research.

The first week of the 10,000 Step Program you’ll use your activity tracker to get an accurate baseline of your current activity. Activity trackers and smartphones will store your activity. If you’re using a pedometer, you’ll need to record your steps on the Daily Log Sheet. **Recording your steps every day is a powerful tool, which will help you increase your physical activity!**

During this week pay attention to your daily number of accumulated steps. Seek ways to increase your activity level through normal lifestyle activities. Specific strategies as well as your walking program will be introduced during the second week.

Once your baseline is established, you’ll need to establish realistic weekly goals. These goals will progressively challenge you to become more active.
**Step Facts:**

Walking One City Block: About 200 steps

Walking Briskly for 10-Minutes: About 1,200

One Mile: 2,000 – 2,500 Steps

Daily Average for Women: 4,907 Steps

Daily Average for Men: 5,728 Steps

Playing 9-holes of golf: 8,000 Steps

Playing a soccer game (90 min.): 8,000 – 10,000 Steps

10,000 Steps: About 5-Miles
How active is your current lifestyle? During the first week of the 10,000 Step Program you had the opportunity to measure your daily activities and to determine some baselines. Most likely you join 88 percent of Americans, who fall well below the 10,000 daily steps recommended.

The good news is simple strategies incorporated into daily living can and will make a big difference! This lifestyle exercise was actually shown by the Cooper Clinic to have the highest success rate. Why? Because exercise was thoroughly integrated into the participants lives. They didn’t see it as exercise, but as everyday life activity.

Think of exercise as part of your daily routine. Where are their opportunities to be more active throughout your day? Making these activity breaks accumulate throughout the day to improve your health, fitness and energy level. These breaks also add up to lost pounds!

Get Up and Get Active!

- Take the stairs whenever possible
- Go for a 5-minute walk break several times during the workday.
- Walk every isle in the supermarket
- Park at the end of the parking lot
- Walk the sidelines while you kids play sports
- Have “walking meetings” at work
- Deliver things to co-workers in person
- Take a walk in the park
- Vacuum your house more often
- Do your own yard work
- Volunteer to help someone
- Spend time with family and friends walking the zoo, museums and parks
- Walk the golf course - don’t ride a cart

Think of your day-to-day lifestyle and how simple and fun changes can make a difference. Look for reasons to move!

Walking as a Lifetime Fitness Activity

Getting the required physical activity recommended for good health and weight control will probably require some additional exercise. Sedentary people in studies typically accumulate around 4,000 to 5,000 steps daily. Lifestyle changes can and will make a difference to this total. To gradually reach the 10,000 Step mark daily, you must make some exercise choices.

Walking is an excellent choice for many – it’s easy to do, there are no special skills and it can be done anywhere.
Walking is a natural movement and there is no reason to make it overly complex. There are however some simple ways to get the most out of your walking workout. As the 10,000 Step Program progresses we will add various strategies that will help enhance your walking.

**To Start – Walk this Way!**

**Keep good posture**
Walk with your head up and your eyes forward. Looking down may lead to head and neck tension. Keep your stomach muscles gently tucked in, this keeps your lower back flat. Try and maintain a tall, relaxed posture.

**Bend your arms**
Don’t walk with straight arms. To help you walk faster and add to the calorie count, bend your arms at the elbows, at a right angle. Your arms should have a “normal” swing should be from waist to chest height. There is no need to exaggerate this movement. Care should be taken to not cross the midline of the body with the arms, this movement will cause the body to twist with each step.

**Walk comfortably**
Let your foot naturally roll from heel to toe, pushing off strongly with the toes. Don’t reach or lunge with the foot, just imagine putting your foot on the ground in front of you, not out in front. This will help you take quicker steps and prevent over striding.

**Take quick steps**
Think about a regular stride with faster steps. This will increase the speed of your walk and improve the quality of the workout. A great way to slowly increase speed is to incorporate shorts periods of fast walking with your normal pace.

**Nutrition Step: Water**

Water is an essential nutrient that plays a vital role in all living organisms. It transports nutrients to each cell and removes waste products away from the cells. Water is also your body’s temperature regulator and lubricant. Humans are 50 to 60 percent water by weight. The leaner a person is, the higher his or her water content.

Too little water stresses the kidneys, saps your energy, blunts your ability to concentrate, and leads to constipation. Your body needs pure water to optimize its internal workings.

Drink eight to twelve 8-ounce glasses of water each day. Develop the habit of drinking water, even when you’re not thirsty, throughout the day. Remember that you’ll need even more in hot weather and while exercising. As a general rule you should drink water before, during and after
exercise. If you are exercising moderately or strenuously, your need for water increases considerably. The more you exercise, the more water your body needs.

**Water Needs Per Day With Exercise**

<table>
<thead>
<tr>
<th>Body Weight</th>
<th>Light Intensity (# Cups)</th>
<th>Moderate Intensity (# Cups)</th>
<th>Strenuous Exercise (# Cups)</th>
</tr>
</thead>
<tbody>
<tr>
<td>115</td>
<td>9</td>
<td>9.5</td>
<td>10</td>
</tr>
<tr>
<td>125</td>
<td>9</td>
<td>10</td>
<td>11.5</td>
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<tr>
<td>150</td>
<td>9</td>
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</tr>
<tr>
<td>200</td>
<td>9.5</td>
<td>11</td>
<td>13.25</td>
</tr>
</tbody>
</table>

**How To Do It**

**Plan “A”**
- Keep a liter bottle of water in the refrigerator at home and empty it each day
- Keep a liter bottle of water at work and empty it each day

**Plan “B”**
- Drink one glass when you get up
- One glass before you leave for work
- One glass before 10:30
- One glass by 12:00
- Two more glasses by 5:00
- One glass when you get home
- One glass a couple hours before bedtime
Week 3: Warming-Up

After two weeks, you should have a pretty good feel for where you currently stand in terms of physical activity. How do you feel about making the necessary changes to increase this level?

- Are you excited and motivated?
- Have you discovered renewed energy and enthusiasm?
- How does the increase in activity make you feel?

It is important to keep your motivation level high, especially until your lifestyle activities become a habit. To stay motivated, it’s important to have clear objectives. Your pedometer will help keep you on track! Set goals that are fun and attainable, yet give you something to work toward. Remember, if you can’t fit in all planned activity, pick up the pace and do what you can – with vigor. This increased intensity will fan your metabolic fire and burn a greater number of calories. If you miss a workout, don’t despair – it’s the sum total throughout the week that matters.

It’s normal to have days where motivation is difficult, but you’re committed for the long term! Focus on your overall progress; review your reasons for becoming more physically active and think of ways to add spice to your daily activities! Remember your success can be measured in many ways – energy level, mood, self-esteem, or weight loss. Concentrate on the immediate satisfaction you get from exercise and keep in mind some health benefits take longer to experience.

Warming Up

Movement based Stretching, or active warm-up can help make your daily activities easier; you’ll reduce stiffness, aches and stress. This will help prevent injuries and enable you to participate at a higher level in the activities you enjoy. Active Warm-ups should include all the major muscle groups and joints of the body. Pay special attention to the lower back, hips and legs – areas that tend to become “tight” as your walking increases. Getting the most out of your workout or sport and preventing injury requires a proper warm-up!

An “active warm-up” is going to increase your core temperature and lengthen your muscles dynamically so you make long-term flexibility gains. It will also improve your balance and it is the perfect formula for building mobility, flexibility, stability and strength.

An Active Warm-up stretches the muscle (like traditional stretching) then contracts the muscle in its new range-of-motion. This contraction is the key to activating and strengthening all the tiny muscles around the joints. The result – improved posture, performance and a decreased risk of injuries!

HEAL Video—Active Up
Key Active Warm-up Strategies Include:
- Stretch warm muscles, not cold ones
- Avoid bouncing movement. Stretch gradually into and out of the stretch
- Stretch within your range of motion, not to the point of pain
- Relax the muscles being stretched, keep your breathing relaxed
- Take frequent stretch breaks daily
- Warm-up before every workout

Nutrition Step: Fruits, Vegetables and Legumes

If you are not eating a high level of fruits and vegetables, you are missing an easy opportunity to make a dramatic impact on your overall health and well-being. Nearly 200 studies worldwide have demonstrated the benefits of fruits and vegetables in the prevention of disease. Higher consumption reduces the risk of heart disease and stroke, lowers blood pressure, as well as significant reduction in cancer risk.

“Legumes” means beans and peas – these include kidney, navy and pinto beans, chickpeas, split peas, and lentils. Fruits, vegetables and legumes offer many nutritional benefits. They are good sources of many important vitamins (especially antioxidants), minerals, phytochemicals, as well as fiber, and are naturally low in fat.

What to Do

The bar on fruits and vegetables has been raised. Research supports a daily serving goal of 8 to 10 servings (minimum) based on an intake of 2,000 calories. Legumes have a separate serving goal – ¼ to ½ cup per day. Since the serving sizes are relatively small it’s easy to have several servings of both vegetables and fruit with any meal, or as a snack. Additionally, tossing a serving of beans into a salad, casserole or bowl of soup is a great way to meet your legume goal.

How to Do It

Fruits and vegetables are the original “fast food.” Many such as raisins, grapes, cherry tomatoes, apples and carrots can be eaten anytime, with minimal preparation.

- Shop for precut and cleaned fruits and vegetables
- Start at least one meal a day with a fresh salad
- Stock up on frozen vegetables to microwave or add to soups or main dishes
- Eat at least four servings of dark green leafy vegetables such as spinach each week
- Eat at least four servings of cruciferous vegetables – broccoli, cauliflower, cabbage or brussel sprouts each week
- Prepare fruits and vegetables ahead of time
- Buy both fresh and frozen. Frozen produce may have as much or even more nutritional value than the fresh variety, which is steadily losing nutrients.
- Keep fruits and vegetables where you can see them often

### Daily Fruit, Vegetable and Legume Inventory

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<tr>
<th></th>
<th>Fruit Servings</th>
<th>Vegetable Servings</th>
<th>Legume Servings</th>
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<td>4 to 9</td>
<td>½ to 1</td>
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<tr>
<td>Breakfast</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Servings</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Do you need to increase any servings? If so, how many?</strong></td>
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</table>
Week 4: Exercise Intensity

Your goal of achieving 10,000 steps each day will provide you with many health benefits. In order to maximize your results, achieve greater benefits, lose weight, and improve cardiovascular fitness, you must walk several days per week at higher intensity levels.

These higher intensity levels will burn a greater number of calories, build more muscle, denser bones, boost your fitness to new heights and leave you feeling energized!

Not everyone can reach the same speed so don’t worry about keeping up with others. To glide along as fast as possible, you need to use proper form. Incorporate these four elements of good technique from simple to more athletic.

1. **Walk tall.** Tall posture is the key to healthy walking. Keep your head high, your shoulders relaxed and your butt tucked under.

2. **Take quick steps.** Faster steps will help you speed it up. Try and walk with purpose. As you walk, remind yourself to keep those feet moving at a rapid clip.

3. **Bend your arms.** Don’t let your arms flail uselessly at your side. Keep them bent at a 90-degree angle, elbows tucked in. Let your hands trace an arc from your waist to your chest.

4. **Push off your toes.** This subtle change will quickly help to boost your pace. Propel yourself forward with your toes as you take each step.

Other strategies for increasing intensity and variety include:

- Pump up your walk (and your heart rate) with intervals: short bursts of intensity. For example, in your 30-minute walk, alternate 2 minutes at your normal pace with 2 minutes at a power pace. As you get better, make the intervals longer and the recovery interval shorter.

- Alternate faster and slower days. On your hard days walk at a pace where resistance occurs, where you feel like saying, “this is hard.” On slower days stretch out the walk – long and easy. This helps your body recover.

- Test yourself periodically. Measure a favorite loop and time your walk. Strive to shave off minutes.

- Hit the hills! Vary the terrain you walk on. Hills provide a big intensity boost helping to build strength and fitness.
Heart Rate Training

Heart rate based training is an effective and accurate way to monitor exercise intensity level. Heart rate based training makes it easy for you to vary your intensity. This not only keeps you motivated, but it also makes it possible for you to reach your fitness and health goals. Keep in mind that EACH individual’s program is specific only to that person. Your program will be based on your heart rate, your goals and your current fitness level.

What if fitness has not been a regular part of your life before? If you are starting a fitness program for the first time or coming back after a lay-off, heart-rate training will make a tremendous difference! The most common problems in those who have been inactive are: getting discouraged by trying to keep up with others, trying to maintain a rigid program, and working too hard too soon. Because heart-rate training provides variety, recovery and/or rest days, and intensity levels that are specific to each individual, it is ideal for those trying to integrate fitness into their lives.

For complete information about heart rate training please consult with a personal trainer about a heart rate training program.

Nutrition Step: Fat

Improving the Quality, Reduce the Quantity

Many diet-related diseases, such as heart disease and cancer, are linked to the over-consumption of fat. There are significant differences in the effects of different types of fat on heart disease and cancers – the kind of fat we eat is as important as the amount.

In addition to reducing the risk for chronic diseases, a diet low in total fat makes it easier to consume the variety of foods, such as fruits and vegetables, needed to promote health without exceeding caloric needs.

Fat Facts: Fats fall into two basic categories: saturated and polyunsaturated. A third kind of fat is called “trans fat” or trans fatty acids are the byproducts of hydrogenating polyunsaturated fats.

The Good Fats

Monounsaturated fats: These are found in canola, olive and peanut oils. These fats lower low-density lipoprotein (LDL) or bad cholesterol without lowering the high-density lipoprotein (LDL) or good cholesterol. This means you improve your HDL / LDL ratio while lowering your total cholesterol.

Omega-3s: These polyunsaturated fats are the healthiest of all fats. They are also “essential fatty acids” that can’t be manufactured in the body. Americans consume too little omega-3 fats mainly
because there are only a couple good sources: fatty cold-water fish (salmon, mackerel, herring) and flaxseed or flaxseed oil.

**The Bad Fats**

*Saturated fats:* Saturated fats are found in animal products such as meats, poultry, whole milk, cream, butter, cheese and eggs. Numerous studies have shown that saturated fats raise LDL (bad) cholesterol and increase the risk of heart disease and stroke. Research also indicates that they contribute to the risk of colon, prostrate and breast cancers.

*Trans Fats:* Hydrogenation is a process of chemically adding hydrogen to polyunsaturated fats. This makes them solid at room temperature and extends the shelf life of products using them as ingredients. The byproduct of hydrogenation is trans fats. The food processing and fast food industries use this to great extent – today about 13 percent of our fat intake is from trans fats.

Examples of trans fats are stick margarine and shortening. Other food products containing trans fats include fried foods and virtually all packaged foods, with the highest levels being found in cookies, cracker, and pastries.

Trans fats increase LDL cholesterol, triglycerides and lipoprotein-a, while lowering HDL cholesterol. So not only do they raise total cholesterol levels, but they also make the ratio of HDL to LDL even more unfavorable than saturated fats do.

**What to Do**

Improving your nutrition and health with regard to dietary fat means taking action specifically designed to improve the quality of the fat you eat. This means eating more monounsaturated and omega-3 fats.

- Choose the healthiest fats for what you eat the most.
- Eat more fish and chicken and less red meat.

Secondly, you want to reduce the quantity of fat in your diet – by limiting the least healthy fats in your diet.

- Choose low-fat or non-fat dairy products.
- Limit other fatty foods.

**How to Do It**

*Healthy Fats*

- Make olive oil or canola oil your first choice in cooking and baking
- Brush on a little olive oil on toast instead of butter
- Use small amounts of nuts to add flavor and texture to soups and salads
- Consider using flaxseed daily

*Eat More Fish*

- Eat cold -water fatty fish such as salmon, mackerel, sardines and kippers
Eat shellfish. Shellfish are among the leanest choices for protein – naturally non-fat

**Focus on Low-Fat or Non-Fat Dairy Products**
- Switch to skim milk
- Follow the same plan with other dairy products – low-fat or non-fat

**Limit Other Fatty Foods**
- Eat fried food infrequently
- Avoid processed foods with hydrogenated oils
- Choose a low-fat margarine that is “trans-free”
- Limit your intake of red meat
- Choose low-fat condiments
- Use cooking methods that don’t add additional fats
- Pay close attention to labels, checking for partially hydrogenated oils
- Save high fat deserts for special occasions
Week 5: Avoiding Pitfalls

One of the wonderful advantages of a regular walking program lies in its simplicity. Walking can be done anytime, anywhere, requiring very little specialized equipment. The one essential investment to fully enjoy your walking program is a pair of walking shoes.

With a good pair of shoes, you will feel better, suffer fewer aches and pains and maybe even go faster. Walking specific shoes have a flexible forefoot, which bends easily through the ball of the foot. Since your foot strikes heel first – look for a low beveled or rounded heel. The uppers should be flexible and light, keeping your foot cool and comfortable.

Many different manufactures make walking specific shoes. Try on several different models to find the one that feels best for you. Remember to pay close attention to fit, choosing a shoe with ample toe box room and no heel slippage. The size marked on the box is unimportant – it’s how the shoe fits!

Wearing shoes specially for walking. You can expect to get 300 to 500 miles (three to six months) from your shoes depending on your weight and how hard you are on shoes.

High-tech clothing can make your daily walk more comfortable. Fabrics, such as Cool Max and Gore Tex, use synthetic blends, which help keep you dry and comfortable in a variety of temperatures and seasons. The old standby, cotton, makes a poor choice for exercise because it traps and holds moisture.

As the weather begins to get colder, there is no reason to curtain your walking program. Simply begin to layer clothing using several lightweight shirts or windbreakers. As you get warm, you’ll be able to peel off layers.

Avoiding Pitfalls

After 5 weeks with the 10,000 Step Program, you should be starting to reap the benefits of an active lifestyle – weight loss, personal empowerment, improved mental clarity and the thrill of becoming fitter.

Let’s face it – anytime you pursue an active lifestyle, you will occasionally overdo it. And even if you are careful, uneven surfaces, repetitive motion and overuse can lead to injuries. You can usually tell when you have an injury; pain, stiffness and swelling appear in an area. What do you do? You must listen to the clear signals that your body is sending! Rest, recovery and rehabilitation become crucial to your long-term success.

For immediate injury relief for muscles, tendon, and ligaments apply ice for 10 to 15 minutes for several days. Take some time off and rest the injury, allowing your body to heal. When returning
to activity, do so gradually. You should be pain free before returning to your previous level of activity!

**Nutrition Step: Whole Grains**

Whole grains, along with fruits and vegetables, are the foundation of a health-promoting diet. Whole grains are rich in fiber, phytochemicals, vitamins and minerals. Two long-term studies of men suggest that high fiber intake can significantly lower the risk of heart attack. Other studies also show that higher rates of heart disease, cancer and bowel problems have been consistently associated with diets low in whole grains and fiber.

The problem is, most of the grain products we eat are made from refined grains – white flour, rice etc. Refining grain removes the bran, germ and significant amounts of the 15 nutrients found in whole grain.

The second problem is low-fiber carbohydrates behave like sugar – they’re easily digested and quickly absorbed, which causes a quick increase in blood sugar. With whole grains, the fiber controls the absorption rate, providing a long, steady source of energy with lower blood glucose levels.

**What to Do**

Emphasize whole grain products whenever you eat – make them the rule, rather than the exception. You need 6 to 9 servings or more of grain products each day. A typical serving consists of:
- A slice of bread
- Half a small bagel
- Half an English muffin
- Half a bun
- Half a cup of cooked cereal, rice or pasta

**How to Do It**

- Read the nutrition facts label, not the front of the package—find the fiber
  - Breads should have at least 2 grams of fiber per ounce
  - Cereals should have at least 4 grams of fiber per serving
- Order sandwiches on wholegrain breads
- Have whole-wheat pancakes or waffles
- In recipes, replace half the refined flour with whole-wheat flour
- For dinner, serve whole-wheat noodles, rice, pasta or bulgur
- Use higher-fiber cracker varieties
- Once a week, try a low-fat meal that features whole grains
Week 6: Strength Training

HEAL Video—Strength Training

Strength training is the most important way to complement a walking program. A basic strength-training program can do wonders for your metabolism as well as for your muscles and bones.

It is also an integral part to successful weight management. As we age a natural loss of lean muscle mass occurs. This loss of muscle results in everyday tasks becoming more difficult, a slower metabolism and increased body fat.

Building muscle will shave pounds! Muscle burns up to 25 times more calories than fat does. By just adding one pound of muscle weight, you can burn as many as 50 extra calories per day. Over the course of a year, that amounts to more than five pounds.

A regular strength training program can and will turn back the clock, giving you more energy as well as a lean strong body. Everyday tasks become easier as you develop functional strength. Take a look at your new level of lifestyle activity – a day filled with movement, bending, lifting, pushing and climbing. Strong muscles will enable you to perform all of these daily tasks with vigor.

Additionally, healthy strong bones are essential as we age. Osteoporosis is a debilitating disease that affects more than 28 million Americans. It is a disease characterized by low bone mass, which leads to an increased susceptibility to fractures of the spine, hips and wrist.

The key elements to building and maintaining strong bones is a combination of weight bearing exercise, resistance training, and proper nutrition. Walking provides the weight bearing activity and does help in building density in the feet, ankles, legs and hips. Strength training will provide the stimulus for strong bones and muscles throughout your body.

Your strength-training program should consist of 5 to 8 exercises, which use all of the major muscle groups. The resistance of the exercises should be challenging – a level that has you just able to finish 8 to12 repetitions for each exercise. Ideally, this should be done two or three times each week.

The good news is this takes a relatively small investment of time. Research by Dr. Wayne Westcott has shown that one good set of resistance exercise is as effective as two or three sets in achieving significant gains in strength.

For complete information on a personalized strength-training program contact a nationally certified personal trainer.
Nutrition Step: Protein

While meats are high in protein and supply iron and zinc, they are also high in saturated fat and cholesterol. High levels of saturated fat and cholesterol are associated with coronary heart disease, stroke, atherosclerosis, hypertension and several types of cancer.

The number one recommendation of the American Institute for Cancer Research is to “choose a predominantly plant-based diet rich in a variety of vegetables, fruits, legumes, whole grains and modest amounts of meat.”

What to Do
- Eat more fish and chicken, and less red meat
- Choose recipes and meals where meat is part of, but not the centerpiece of, the meal
- Limit your total meat intake to five or six ounces a day
- Limit your intake of red meat to no more than 20 ounces per week

How to Do It
- Eat cold-water fatty fish
- Eat shellfish, in addition to fish
- Buy frozen skinless chicken breasts for quick and easy meals
- When you do eat meat, choose lean meats and remove all visible fats before cooking
- Purchase less meat
- Include two or more meatless meals each week
Congratulations! You have taken a huge step toward incorporating a Lifestyle Activity Program into your life. Your long-term success is dependent upon keeping your motivation level consistently high.

To stay motivated, it is important to have clear objectives. While you should continue to use 10,000 steps per day and your physical activity meter as the primary measuring stick, consider other fun ideas:

- Sign up for a walk-a-thon or 5K race
- Try a charity event with some friends
- Exercise at different times of the day
- Join a group exercise class
- Listen to music as you walk

Another way to keep your motivation high is to use imagery. Think of the positive feelings developed through your active lifestyle. See yourself as someone who:

- Finds joy in physical activity
- Looks forward to trying new activities or exercises
- Feels anticipation and energy for each new day
- Likes the sense of empowerment that activity brings to your life

In 1997, the largest study ever done on successful weight maintenance was published in the American Journal of Clinical Nutrition. This study identified key success factors associated with long-term weight loss maintenance:

- Track your progress – use food journals and activity records
- Get moving – activity levels equal to 10,000 steps each day
- Cut the fat and calories
- Eat more fruits and vegetables
- Become a problem solver – respond to anxiety and stress without food
- Develop a support system

Why not diet? We all have seen friends, neighbors, and co-workers have temporary success with the popular fad diets such as: Sugar Busters, Atkins, and The Zone. These diets provide temporary weight loss through calorie restriction and dehydration. The end result is a slowed metabolism, loss of lean body tissue, insatiable cravings and possible long-term health problems.

Successful weight management is up to you. There is no secret formula or magic pill. To lose weight or maintain a certain weight you have two choices: eat less and/or increase your activity level. This process sounds difficult but may actually be easier than you think by maintaining your exercise program each day and making healthy food choices!

**Remember it’s your life. Take control and live better with lifestyle activity!**
10,000 Step Daily Success Log
Set a meaningful, achievable goal for physical activity. Record your daily results to measure success!

Name: ________________________________

<table>
<thead>
<tr>
<th>Week #1</th>
<th>Daily Goal: ______________________</th>
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<th>Week #2</th>
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<td>Week #5</td>
<td>Daily Goal: ________________</td>
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10,000 Steps Pre-Program Assessment

Participant Name: _________________________________ Date: ___________

Group #____

1. How many days a week do you engage in any physical activity?
   a. none   b. 1 to 2   c. 3 to 4   d. 5 or more

2. If you marked 1 or more days, approximately how long is this activity?
   a. 15 – 20 minutes   b. 21-30 minutes   c. 31-60 minutes   d. 60+ minutes

3. List any types of activity:
   ___________________________________________________________________
   ___________________________________________________________________

4. Select how you would rate your overall health:
   Great   Good   Average   Fair   Poor

5. Based on past experiences with doing physical activities, select what best describes the level of motivation you need:
   Constant   A lot   Some   Not Much   None

6. On average, how would rate your daily energy level:
   Great   Good   Average   Fair   Poor
10,000 Steps Post-Program Assessment

Participant Name: _________________________________  Date: ___________

Please complete this survey and return to:

1. Did you complete the 10,000 Steps Program? Yes/ No
2. How many days a week did you exercise prior to participation in the program? _______
3. How many days a week do you exercise now? _______
4. As a result of your participation in the 10,000 Steps Program did you...
   Lose weight   Maintain Weight   Gain Weight
5. Did tracking your progress daily with the Physical Activity Meter help you increase and maintain activity? Yes/ No
6. Do you expect to continue with Lifestyle Activity practices you learned? Yes/ No
7. What did you like best about the program?
   __________________________________________________________
   __________________________________________________________
8. If you could change something to make 10,000 Steps Program better, what would it be?
   __________________________________________________________
   __________________________________________________________
9. Would you refer a friend to the 10,000 Steps Program? Yes/ No
   Name: ____________________________________________
   Address: _________________________________________
   __________________________________________________
   Phone: ___________________________________________
Week 1  
Introduction to Program
Completing Pre-Assessment
Using your pedometer
Starting baseline tracking
Exercise Session—Testing Pedometer

Week 2  
Setting Individual Goals
(Review baseline average)
*Feature Topic: Lifestyle Activity*
Exercise Session—Walking
Nutrition: Water

Week 3  
Reviewing week’s activity
*Feature Topic: Warming Up*
Exercise Session—Stretching
Nutrition: Fruits, Vegetables and Legumes

Week 4  
Reviewing week’s activity
*Featured Topic: Heart Rate Training*
Exercise Session—Power Walking
Nutrition: Fats

SUBMIT WEEK 1-3 Step Average
**Week 5**  
Reviewing week’s activity

*Featured Topic: Avoiding Pitfalls and Prevention*

Exercise Session—Magic 6?

Nutrition: Whole Grains

**Week 6**  
Reviewing week’s activity

*Feature Topic: Strength Training*

Exercise Session—Strength Training

**Week 7**  
**Program Celebration**

Complete Post-Assessment

Submit data
MILESTONES

5,000 Steps Weekly Average: T-shirt
7,500 Steps Weekly Average: Water bottle
10,000 Steps Weekly Average: Car cling
Completion of 10,000 Steps Program: Cinch String bag

GRAND PRIZE DRAWINGS

Most Improved (increased steps)
Attendance (most weeks attended)
HEAL Incentive List

*These are examples of incentive prizes. HEAL has a limited supply available for businesses.*

Walk with HEAL/10,000 Steps Program

- Pedometers
- Water Bottle with green/orange top
- Drawstring bag
- T-shirt
- Bumper Sticker
- Magnet