“ConnectiFIT Goes to the Grand Canyon” is a walking program designed to increase your activity level during working hours. Participants will use pedometers to track the number of steps they take during their normal workday, with a goal of increasing their number of steps and number of minutes walked each week. The goal of the program is to reach the Grand Canyon… by totaling everyone’s steps and mileage, we hope to equal the mileage from Hartford, CT to the Grand Canyon (approximately 2,530 miles).

Participants will form groups of 3-5 DPH employees for the program. Each team will designate a “Team Leader”, whose responsibilities will include collecting the team’s log sheets and serving as a liaison between the team and program coordinators. Each team member will be responsible for completing an activity log on a weekly basis for the duration of the program; these logs will provide information about the number of steps taken each day, miles walked outside each day, minutes walked outside each day, and weekly goals and barriers to meeting these goals. Each log has a confidential ID number, which is only known to you.

The purpose of this program is to provide the first step toward increased physical activity. This program is designed to increase participants’ activity during their workday by making small changes such as taking the stairs rather than the elevator, parking your car further from the entrance to the building, or taking a walk during your lunch or break times instead of sitting. Participants will set weekly goals specific to their activity levels and interests, in an effort to increase activity and create a healthy lifestyle.

All participants are required to sign a consent form and a release form prior to beginning the program. No one will be allowed to participate without a signed consent form on file; if you have not signed a form, please see Eugene Nichols (509-7533) Immediately to sign the necessary forms.
Using Your Pedometer

Each participant will receive a pedometer to wear during their working hours; daily steps will be recorded on a log sheet and returned to your team leader. Each pedometer must be returned at the end of the program; every pedometer will be marked with a number corresponding to each participant’s ID number when they are distributed. Detailed instructions regarding the use of the pedometer are included in this packet – be sure to read through these first before using the pedometer, to ensure accurate step counts. Participants must only wear their pedometers during their working hours. Simply put your pedometer on when you get to work, and take it off and record your total steps when you’re ready to leave.

The pedometer is an integral part of the program. The pedometer provides participants with immediate feedback on number of steps taken and creates awareness of their physical activity level. More importantly, the pedometer is a powerful tool that motivates and cues people to be more active. Studies have shown that sedentary people who wear pedometers and have a daily goal become more active all day and see improvements in fitness level. As one participant of a prior walking program said, “Using the pedometer makes walking fun. It’s easy to use and helped me to set higher goals for myself.”

According, to Mark Fenton, author of The Complete Guide to Walking for Health, Weight Loss and Fitness, “most people will see how easy it is to get to 2,000 steps, and they say, I can turn that into 4,000 more steps and then 6,000 steps.” The result is people become more aware of the steps they take and do more than what’s asked. The beauty of the pedometer it can be built into the normal day of each employee.

Walking Maps

Included in your packet are walking maps of the streets around the Department of Public Health. Walking routes have been highlighted, and the approximate distance and time of these routes has been provided. You may use a combination of these routes to increase your physical activity during your lunch and break times. If you choose to walk any of these routes, record your time walked and miles walked on your weekly log sheet. Use this information to help shape your weekly activity goals.

-Pedometer Tips-

- Clip your pedometer on the waistband of your pants, skirt, or belt in line with your knee
- Make sure your pedometer is straight and snug to your body, and that the cover is closed… Your steps won’t be counted if the cover is not closed properly
- Test your pedometer by walking 100 steps: yours should register between 90 and 110 steps
- Remember to press the yellow reset button at the beginning of each workday!
- Remember to wear the leash attached to your pedometer, and take care to keep it dry… the pedometers are not waterproof
Weekly Walking Logs

Included in your packet are walking logs for each of the 10 weeks of the program. Please remember to record your total steps, time walked outside, and miles walked outside on a daily basis. At the end of each week, hand your log sheet in to your Team Leader; they will return the logs to ConnectiFIT each week.

There is also space on each log sheet for you to record a weekly goal. You should set a personalized goal for yourself each week, and strive to reach that goal. Examples of goals could be:
- Increasing your total steps for that week by 5-20% of your total steps from the week before.
- Decreasing the amount of time it takes you to walk a specific route outside.

It is important to set goals that are both specific and attainable. There is space on each log sheet to record whether or not you achieved your goal for the week before, as well as an opportunity to identify reasons why you did or did not reach your goal. Not only is it important to set goals, but it is also important to identify barriers that may have kept you from achieving your goal for that week. Identifying these barriers will help us to tailor the program to best suit the participants' needs.

Tips for Starting A Walking Program

Health experts agree that 30 minutes of moderate physical activity, such as brisk walking, on most days of the week can produce long-term health benefits. Getting started is the hardest part. Make time in your busy schedule to follow a walking program that will work for you. These tips will help you to start and maintain a successful walking routine at work. Share these tips with your friends and family, and keep that routine going at home!

- Choose a safe place to walk.
- Find a partner or group of people to walk with you. Your walking partner(s) should be able to walk with you on the same schedule and at the same speed.
- Wear shoes with thick flexible soles that will cushion your feet and absorb shock.
- Wear clothes that will keep you dry and comfortable. Look for synthetic fabrics that absorb sweat and remove it from your skin.
- For extra warmth in winter, wear a knit cap or visor. Layer your clothing so you can remove layers as you warm up.
- Do light stretching 5 minutes into your walk and after you walk.
- Think of your walk in three parts.
  1. Walk slowly for 5 minutes.
  2. Increase your speed for the next 5 to 20 minutes.
  3. Finally, to cool down, walk slowly again for 5 minutes.
- Try to walk at least three times per week. Add 2-3 minutes per week to the walk. If you currently walk less than three times per week, increase your duration more slowly.
- To avoid stiff or sore muscles or joints, start gradually. Over several weeks, begin walking faster, going farther, and walking for longer periods of time.
- The longer and faster you walk, the better you will feel. You will also burn more calories.

Walking Safety Tips

- Walk with someone you know.
- Walk in the daytime or in well-lit areas.
- Do not wear headphones, or keep the volume low enough so you can hear traffic.
- Be aware of your surroundings.
- Bring a cell phone or money for a pay phone.
- Stay on sidewalks and cross in crosswalks only.
- If you have to walk in the street, always walk against traffic.
A Sample Walking Program

<table>
<thead>
<tr>
<th></th>
<th>Warm-Up Time</th>
<th>Fast Walk Time</th>
<th>Cool Down Time</th>
<th>Total Time</th>
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</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 5 min</td>
<td>Walk slowly 5 min</td>
<td>15 min</td>
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<tr>
<td>Week 2</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 8 min</td>
<td>Walk slowly 5 min</td>
<td>18 min</td>
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<tr>
<td>Week 3</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 11 min</td>
<td>Walk slowly 5 min</td>
<td>21 min</td>
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<td>Week 4</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 14 min</td>
<td>Walk slowly 5 min</td>
<td>24 min</td>
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<td>Walk slowly 5 min</td>
<td>Walk briskly 17 min</td>
<td>Walk slowly 5 min</td>
<td>27 min</td>
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<td>Week 6</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 20 min</td>
<td>Walk slowly 5 min</td>
<td>30 min</td>
</tr>
<tr>
<td>Week 7</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 23 min</td>
<td>Walk slowly 5 min</td>
<td>33 min</td>
</tr>
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<td>Week 8</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 26 min</td>
<td>Walk slowly 5 min</td>
<td>36 min</td>
</tr>
<tr>
<td>Week 9 and beyond</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 30 min</td>
<td>Walk slowly 5 min</td>
<td>40 min</td>
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</tbody>
</table>

Stretching*

Do the stretches shown here before you walk, or 5 minutes into your walk (after your muscles are warmed up). Remember not to bounce when you stretch. Perform slow movements and stretch only as far as you feel comfortable.

**Side Reaches**
Reach one arm over your head and to the side. Keep your hips steady and your shoulders straight to the side. Hold for 10 seconds and repeat on the other side.

**Knee Pull**
Lean your back against a wall. Keep your head, hips, and feet in a straight line. Pull one knee to your chest, hold for 10 seconds, then repeat with the other leg.

**Wall Push**
Lean your hands on a wall with your feet about 3-4 feet away from the wall. Bend one knee and point it toward the wall. Keep your back leg straight with your foot flat and your toes pointed straight ahead. Hold for 10 seconds and repeat with the other leg.

**Leg Curl**
Pull your right foot to your buttocks with your right hand. Keep your knee pointing straight to the ground. Hold for 10 seconds and repeat with your left foot and hand.

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* From the National Institute of Diabetes and Digestive and Kidney Diseases
“Walking: A Step in the Right Direction”
10 Ideas For Increasing Your Steps at Work

1. Walk from your parking lot to the building instead of taking a shuttle (if safety allows)
2. Park further away from the entrance to the building
3. Have “walking meetings” with colleagues
4. Walk to a co-workers desk to deliver a message instead of calling or emailing
5. Walk to a restroom, water fountain, or vending machine on a different floor
6. Take the stairs instead of the elevator
7. Stand or pace at your desk while on the phone
8. Make a trip each time you have something to deliver, photocopy, or fax, instead of waiting to take a pile all at once
9. Walk during break or lunch times
10. Walk to the LOB or Bushnell Park to eat lunch during nice weather

Find Your Pace and Get Your Heart Pumping!

Walking at your own pace will reduce your risk of injury and make your walk much more enjoyable. To find your pace, listen to your body; if you feel like you’re walking too fast or struggling, slow down!

The Talk-Sing Test

Use this simple test to determine your ideal walking pace. If you can’t walk and talk at the same time, you are going too fast. If you can sing while you are walking, you should increase your pace.

Your Target Heart Rate

The average person’s resting heart rate is between 60-80 beats/minute. To improve your cardiovascular fitness, you should raise your heart rate above its resting level.

For moderate-intensity physical activity, a person’s target heart rate should be 50 to 70% of his or her maximum heart rate. This maximum rate is based on the person’s age. An estimate of a person’s maximum age-related heart rate can be obtained by subtracting the person’s age from 220. For example, for a 50-year-old person, the estimated maximum age-related heart rate would be calculated as 220 - 50 years = 170 beats per minute (bpm). The 50% and 70% levels would be:

• 50% level: 170 x 0.50 = 85 bpm, and
• 70% level: 170 x 0.70 = 119 bpm

Source: www.cdc.gov

Taking Your Heart Rate

Generally, to determine whether you are exercising within the heart rate target zone, you must stop exercising briefly to take your pulse. You can take the pulse at the neck, the wrist, or the chest. We recommend the wrist. You can feel the radial pulse on the artery of the wrist in line with the thumb. Place the tips of the index and middle fingers over the artery and press lightly. Do not use the thumb. Take a full 60-second count of the heartbeats, or take for 30 seconds and multiply by 2. Start the count on a beat, which is counted as “zero.” If this number falls between 85 and 119 beats per minute in the case of the 50-year-old person, he or she is active within the target range for moderate-intensity activity. (www.cdc.gov)

Now You’re Ready to Begin Walking!