ConnectiFIT’s “Spring Into Summer” is a walking program designed to increase your daily physical activity. You will use pedometers to track the number of steps you take daily with a goal of increasing your number of steps. The goal of the program is to find ways to add more steps into your typical daily routine from morning until night. We encourage you to walk with friends, family or co-workers for support and to assist others in creating healthier lifestyles.

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, how many non-participants you walked with each day as well as 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 creating a healthier lifestyle. This program is designed to increase your activity throughout your day by making small changes such as taking the stairs rather than the elevator, parking the car further from the entrance to the building or taking a walk during lunch or break times. 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. This consent form (Blue) can be found in your folder of walking program forms, that was given to you by your team leader.
Using Your Pedometer

Each participant will receive a pedometer to wear during their waking hours to record their daily steps. 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 your packet – be sure to read through these instructions before using the pedometer to ensure accurate step counts. Participants are strongly encouraged to wear their pedometers from the moment they get up in the morning from the time they go to bed at night.

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 is it can be built into the normal day of each employee.

Walking Maps

Included in your online packet are walking maps of the streets around the Department of Public Health and indoor walking routes. Walking routes have been highlighted and the approximate distance and time of these routes have been provided. You may use a combination of these routes to increase your physical activity during your lunch and break times. 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: it should register between 90 and 110 steps.
- Remember to press the yellow reset button at the beginning of each day!
- 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 weekly walking logs for each of the 12 weeks of the program. Please remember to record your total steps (counted by your pedometer) and how many non-participants you walked with each day. At the end of each week, hand your log sheet in to your Team Leader; they will return the logs to the ConnectiFIT coordinators each week.

There is also space on each log sheet for you to record a weekly goal. Be sure to create an attainable goal and do your best to strive to reach it. Examples of goals could be:

- Increasing your total steps for that week by 5-20% of your total steps from the previous week
- Increasing the amount of time you walk outside that week
- Decreasing the amount of time it takes you to walk a specific route outside

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. Share these tips with your friends, family and co-workers!

- 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 your walks. 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.

A Sample Walking Program

<table>
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<tr>
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<th>Warm-Up Time</th>
<th>Fast Walk Time</th>
<th>Cool Down Time</th>
<th>Total Time</th>
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<tr>
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<td>Walk slowly 5 min</td>
<td>Walk briskly 26 min</td>
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<td>Week 9 and beyond</td>
<td>Walk slowly 5 min</td>
<td>Walk briskly 30 min</td>
<td>Walk slowly 5 min</td>
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</table>
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 e-mailing.
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

How Many Steps? An Approximate Guide to Step Counts and Mileage

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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. See “Your Target Heart Rate” above to find your range. (www.cdc.gov)