

# Eight Weeks to Wellness™

*An Introduction to Healthy Living*



Lifestyle Change Series™

# Eight Weeks to Wellness™

## *An Introduction to Healthy Living*

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### Contents

<b>Getting Started</b> .....	<b>2</b>
Making Healthy Choices .....	2
How Healthy is Your Lifestyle? Assessment .....	4
<b>Week 1. Developing a Healthy Lifestyle</b> .....	<b>5</b>
Health Practices Linked to Longevity .....	5
Planning for Lifelong Health .....	6
Guidelines for Making Lifestyle Changes .....	6
<b>Week 2. Becoming More Physically Active</b> .....	<b>8</b>
Health Benefits of Physical Activity .....	8
Exercise Guidelines .....	8
Fitness Planning Worksheet .....	11
Physical Activity Log .....	12
<b>Week 3. Choosing Healthy Fats</b> .....	<b>13</b>
Some Fats are Better Than Others .....	13
Saturated Fat and Cholesterol in Foods .....	16
<b>Week 4. Choosing Healthy Carbohydrates</b> .....	<b>18</b>
Healthy Carbohydrates .....	18
Dietary Fiber .....	19
Glycemic Index and Glycemic Load of Common Foods .....	22
<b>Week 5. Achieve/Maintain a Healthy Weight</b> .....	<b>24</b>
What is a Healthy Weight? .....	24
Steps to a Healthy Weight .....	24
Use Proven Behavior Change Techniques .....	26
Healthy Low-Calorie Eating Plan .....	28
<b>Week 6. Enhancing the Mind/Body Connection</b> .....	<b>29</b>
Mental Health .....	29
Social Health .....	29
The Spiritual Connection .....	30
Physical Habits and Mental Health .....	30
Seek Balance .....	31
<b>Week 7. Coping With Stress</b> .....	<b>33</b>
Ways to Beat Stress .....	33
<b>Week 8. Getting Preventive Checks</b> .....	<b>36</b>
<b>Enjoy the Journey</b> .....	<b>40</b>

# Getting Started

## Making Healthy Choices

Taking good care of your health is a personal responsibility. To do a good job it takes knowledge and practice. It is the goal of the *Eight Weeks to Wellness™* introduction to healthy living to help you become

better acquainted with research linked to good health and longevity and the information, skills, and insights needed to make healthy choices in your daily life.



Each week new guidelines and wellness challenges will be presented. You will be given opportunity to practice these new health principles during the week, keeping track of your progress. By the end of eight weeks you will be well on your way to living a healthful lifestyle and enjoying the benefits.

## Choose how you want to participate

Many people, like you, have joined a class offered through a business, school, community program, or religious organization. Some attend a small home group, or some may choose to complete this series as a self-study project.

## Recruit a health buddy

It is more fun and encouraging to do activities with another person rather than trying to do them alone. Your buddy can be your spouse, a teenage son or daughter, or a friend – anyone who can offer you daily encouragement and support as you take on healthy challenges.

My buddy is: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## Attend each weekly meeting

The meetings are brief, yet important. You will be introduced to new wellness concepts at each meeting. You will also have the opportunity to learn from others who are making healthy lifestyle changes just like you.

Take a moment now to schedule the next meeting times on your calendar. If you miss a meeting due to an illness or emergency, contact your wellness coordinator for any handouts or assignments.

## Do your homework

Each week, read any assigned material. This should take only 15 to 20 minutes. If there are worksheets, complete them. Homework reinforces your understanding and knowledge of the material. If you have any questions about information in the self-study material, present them to the class instructor at the next meeting.

## Practice wellness

You will start with two goals that are basic to any good health program: daily physical activity and adequate sleep. You will have opportunity to incorporate a new healthy lifestyle practice each week. The *Personal Wellness Log* at the end of each chapter will help you keep track of your progress.

In addition, you can select a personal goal to work on for the entire eight weeks. You might be tempted to choose an activity you are already doing, but remember, the whole point of this program is to make improvements in your health.

**Choose from the list of personal wellness goals below.**

- Lose weight, if overweight. A healthy goal is 6 to 10 pounds in eight weeks.
- Quit smoking or using other forms of tobacco.
- Drink 6 to 8 glasses of water daily.
- Limit your salt intake to 1500 mg daily.
- Eat breakfast daily.
- Eliminate addictive substances from your diet (coffee, cola drinks, alcohol).
- Lower your cholesterol or blood pressure by 10 to 20+ points.
- Practice a stress-reduction technique for at least 15 to 20 minutes daily (examples: soak in a hot tub, listen to relaxing music, read a fun book, take a walk in nature, play with a child, practice meditation, talk over problems with a friend, work in the garden).
- Limit your television viewing to no more than 1 hour on weekdays and 2 hours on weekends (or set your own limits) in order to have more time for physical activity, adequate sleep, etc.

- Foster a good support network. Spend at least 15 to 20 minutes of quality time each day with a family member or friend.
- Nurture your spiritual health. Spend 20 to 30 minutes each day developing your spirituality: studying, reading, contemplating, worshiping, praying, communicating with your higher power, or helping someone in need.
- Don't snack between meals on junk foods (soft drinks, pastries, chips, etc.).
- Don't eat anything after dinner (or 3 hours before bedtime).
- Write your own goal (have it approved by your wellness coordinator).

Additional information on these and other wellness challenges are available at [www.wellsource.org](http://www.wellsource.org).

By the end of this program, you'll be practicing many new behaviors that will contribute to your health and longevity. You'll also feel good knowing you're taking personal responsibility for your health and your future.

### Record your progress daily

Fill out the *Personal Wellness Log* each day for the next eight weeks. Instructions for earning wellness points appear on each log at the end of each week. You earn wellness points by getting adequate sleep, exercising, completing your personal wellness goal and other weekly wellness challenges. Record keeping takes only a few minutes, but documentation is critical for keeping focused and on track. The more wellness points you accumulate the healthier you are living!

### Be persistent

If you feel your willpower slipping, contact your health buddy or a class member for support. Review the class material and self-study material. Seek advice from someone you know who has achieved the goal you're working on.

If you miss a day or two, don't give up. Make note of the things that sidetracked you or prevented you from accomplishing your goal. Ask your health buddy to help you come up with ways to overcome the obstacles. Then, begin again.

Remember: you only fail if you quit trying. You can do it! Have fun in your adventure to a healthier, new you!

### *What I learned*

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### *What I can do*

- Attend each weekly meeting.
- Commit to complete weekly assignments.
- Make my health one of my top priorities.
- Try each weekly wellness goal.
- Keep track of my progress on my Personal Wellness Log each day.
- Pick a personal goal to work on for eight weeks.
- Have fun becoming a healthier me!

### *My personal goals*

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### *Personal Health Information*

Mark your current health status on the following items. Include your lifestyle score from the self-test "How Healthy is Your Lifestyle." After eight weeks, compare your achieved results with starting values.

Health indicator	Starting value	Desirable	My goal	Achieved after 8 wks
Weight	_____		_____	_____
BMI	_____	BMI <25	_____	_____
Waist girth	_____	M<37, F<32	_____	_____
<b>Exercise</b>				
min/week, or	_____	150+ min/wk	_____	_____
miles/week, or	_____	6-15+ miles/wk	_____	_____
steps/day	_____	6,000-10,000+	_____	_____
Blood pressure	_____	less than 120/80	_____	_____
Cholesterol	_____	less than 200	_____	_____
Your lifestyle score (0-100)*	_____	80-100	_____	_____
Other _____	_____	_____	_____	_____

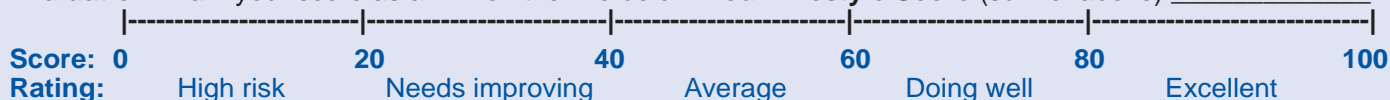
\*Your score from the self-assessment "How Healthy is Your Lifestyle?" scoring sheet (page 4).

# How Healthy is Your Lifestyle?

**INSTRUCTIONS:** For each health indicator, check the box in the column that best describes you. Write the score shown next to the checked box into the score column to the right.

HEALTH INDICATORS	COLUMN A	COLUMN B	COLUMN C	SCORE
<b>1. Body Weight.</b> What is your body mass index (BMI)? See BMI chart in week 5.	<input type="checkbox"/> <sup>0</sup> BMI 30+	<input type="checkbox"/> <sup>4</sup> BMI 25–29.9	<input type="checkbox"/> <sup>8</sup> BMI <25	_____
<b>2. Physical activity.</b> How many days do you get 30+ min of moderately vigorous physical activity?	<input type="checkbox"/> <sup>0</sup> No regular physical activity	<input type="checkbox"/> <sup>5</sup> 2–3 days per week	<input type="checkbox"/> <sup>10</sup> 4–7 days per week	_____
<b>3. Smoking status.</b> Indicate your present status.	<input type="checkbox"/> <sup>0</sup> Currently smoke	<input type="checkbox"/> <sup>5</sup> Ex-smoker, frequent 2 <sup>nd</sup> -hand smoke, or pipe	<input type="checkbox"/> <sup>8</sup> Nonsmoker	_____
<b>4. Diet – Red meat intake.</b> How often do you eat red meat?	<input type="checkbox"/> <sup>8</sup> Never	<input type="checkbox"/> <sup>4</sup> 1–3 times/month	<input type="checkbox"/> <sup>0</sup> Every week	_____
<b>5. Whole grains.</b> How many servings/day (1 serving = 1 slice WW bread, ½ C brown rice or oatmeal, ⅔ C dry cereal) do you eat?	<input type="checkbox"/> <sup>0</sup> <1/day	<input type="checkbox"/> <sup>4</sup> 1–2 servings/day	<input type="checkbox"/> <sup>8</sup> 3+ servings/day	_____
<b>6. Fruits and vegetables.</b> How many servings/day (1 serving = 1 medium fruit, 1 C fresh fruit, ½ C cooked, or 6 oz. juice) do you eat?	<input type="checkbox"/> <sup>0</sup> 0–2 servings/day	<input type="checkbox"/> <sup>5</sup> 3–4 servings/day	<input type="checkbox"/> <sup>8</sup> 5–9+ servings/day	_____
<b>7. Nuts and seeds.</b> How many servings/ week (1 serving = 1 oz. nuts or seeds, 2 T nut butter) do you eat?	<input type="checkbox"/> <sup>0</sup> 0–2 servings/week	<input type="checkbox"/> <sup>5</sup> 3–4 serving/week	<input type="checkbox"/> <sup>8</sup> 5+ servings/week	_____
<b>8. Happiness.</b> All in all, how happy are you?	<input type="checkbox"/> <sup>0</sup> Not too happy, often feel sad	<input type="checkbox"/> <sup>5</sup> Pretty happy	<input type="checkbox"/> <sup>8</sup> Very happy and satisfied	_____
<b>9. Sleep.</b> How often do you get at least 7–8 hours of sleep daily?	<input type="checkbox"/> <sup>0</sup> Seldom, less than 3 days/week	<input type="checkbox"/> <sup>4</sup> Occasionally, 3–4 days/week	<input type="checkbox"/> <sup>6</sup> Most of the time, 3–4 days/week	_____
<b>10. Social support.</b> How many of these criteria do you meet? 1. Married or have a significant other. 2. Make frequent contact with family/friends. 3. Regularly participate in a faith group or a social club.	<input type="checkbox"/> <sup>0</sup> Meet 0–1 of these social criteria	<input type="checkbox"/> <sup>5</sup> Meet 2 of these social criteria	<input type="checkbox"/> <sup>8</sup> Meet all 3 of these social criteria	_____
<b>11. Blood pressure.</b> What is your blood pressure?	<input type="checkbox"/> <sup>10</sup> Less than 120/80	<input type="checkbox"/> <sup>5</sup> 120/80 to 139/89	<input type="checkbox"/> <sup>0</sup> 140/90+	_____
<b>12. Blood cholesterol.</b> What is your blood cholesterol? What is your LDL?	<input type="checkbox"/> <sup>0</sup> Total Chol 240+ LDL 160+	<input type="checkbox"/> <sup>5</sup> T. Chol 200–239 LDL 159–130	<input type="checkbox"/> <sup>10</sup> T. Chol <200 LDL <130+	_____

**Evaluation:** Mark your score as an 'X' on the line below. **Your Lifestyle Score** (sum of above) \_\_\_\_\_



# Week 1

## Developing a Healthy Lifestyle

### Health Practices Linked to Longevity

The importance of lifestyle on health and longevity is clearly illustrated by an increasing number of research studies of large numbers of people.

In an early landmark study about good health practices, researchers documented the health practices of some 6,900 people living in Alameda County, California. Researchers followed them for nine years<sup>1</sup> and reported their findings, then followed the people and their children for several additional years. New findings are reported from time to time. To date, researchers have found several strong predictors of health and longevity:

1. Not smoking
2. Getting regular physical activity
3. Eating breakfast each morning
4. Keeping body weight within a healthy range
5. Sleeping at least 7 to 8 hours each night
6. Avoiding a high intake of alcohol
7. Being happy and having strong social support and interaction

People who followed most or all of these good health practices lived on the average 10 to 12 years longer than those who followed only three or fewer. People with poor health practices aged about 20 to 30 years sooner in the degree of health they enjoyed. Men who followed six to seven of the good health practices had only one quarter the risk of dying during the nine-year study compared to men who followed only a few (0 to 3).

Clearly, a healthy lifestyle can add years to your life. It will also help you look better, feel better, and enjoy better health all the years of your life.

More recently another very large study, the Cancer Prevention 2 Study<sup>2</sup> of about a million people, found four health practices strongly linked to a long life. Among persons who didn't smoke, maintained a healthy weight, had a high intake of fruits and vegetables daily, and got regular physical activity, women cut their risk of dying mid-life by 3.7 times, and men by 4.5 times during the six-year study. This is strong evidence that choosing a healthy lifestyle has great rewards!

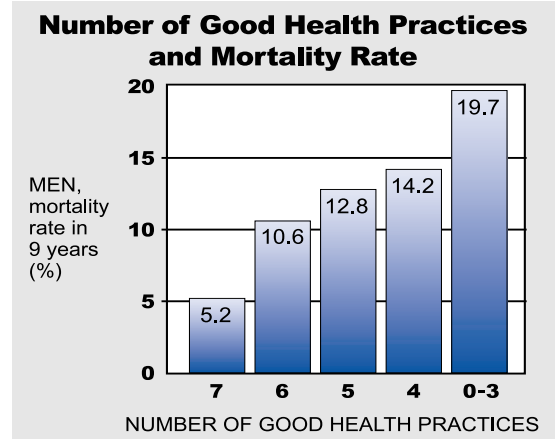
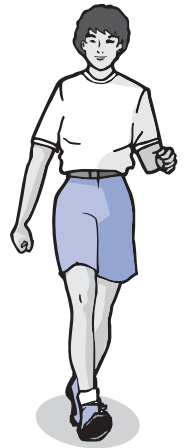
A third large population study<sup>3</sup> looked at the lifestyle practices of 34,192 Adventists in California and again found strong correlations between lifestyle practices (for example, not smoking, getting regular exercise, and maintaining a healthy weight) and longevity.

Those persons who chose the healthier lifestyle lived on the average 10 to 12 years longer than those who didn't.

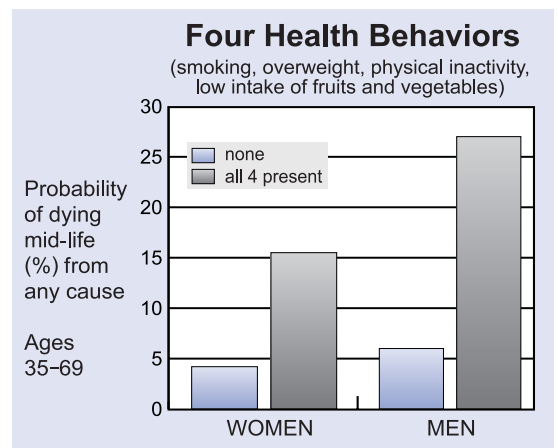
In addition to the health practices already identified, they found four eating practices to be strong predictors of good health:

1. Eating nuts regularly, at least 5 or more times per week
2. Eating primarily whole grain breads and cereals (at least 3+ servings daily)
3. Eating primarily a plant-based diet free of meats high in saturated fat and cholesterol
4. Drinking plenty of water daily (at least 5 to 8 glasses daily)

These large population studies give us a good indication of what health practices we need to incorporate to develop a healthy lifestyle and live a long, enjoyable life. These key health principles will be looked at in further detail in coming weeks. Specific guidelines and practical suggestions will be given to help you achieve optimum health.



Source: L. Breslow, *The Alameda County Study*, Oxford Univ. Press, NY, 1983.



Source: *Journal of Health Education*, Sept/Oct 1997, Vol. 28, No. 5, 298-307.

## Planning for Lifelong Health

### Get adequate sleep



Sleep restores the body's mental and physical energy reserves. If you skimp on sleep, you borrow energy from tomorrow. The next day you feel tired, and you are less effective. Studies indicate that you need at least 7 to 8 hours daily for best health. Many people find they are most productive when they get 8 to 8½ hours of sleep per night.



### Be physically active

You may have noticed that being physically active appears on your *Personal Wellness Log* for this week. You'll find it listed every week. Large population studies have found that physical activity is consistently one of the *best* predictors of a long life. Aim for 30 or more minutes of moderate activity daily such as brisk walking.

### Choose healthy foods

Good eating habits can help prevent many serious health problems. Good food gives you the energy to work and think, and to build strong bodies and a healthy immune system. Four key nutritional practices linked to good health and prevention of disease are:

1. Choose healthy fats (for example, vegetable oils and trans fat free margarines) in place of foods high in saturated fat and cholesterol. This is very important for heart health.
2. Choose healthy carbohydrates (fruits, vegetables, whole grains, and legumes) in place of refined carbohydrates and sugars. This can help prevent obesity and diabetes.
3. Eat a good breakfast daily and limit unhealthy snacks between meals. Breakfast has been called "the most important meal of the day." In the Good Health Practices Study, people who ate breakfast every day lived longer than those who didn't eat breakfast, and they weighed less!
4. Drink plenty of water. Aim for at least 6 to 8 glasses daily, more when living and exercising in warm environments. Adequate water helps the kidneys cleanse the body, keeps you cool in warm weather and prevents heat exhaustion, helps prevent constipation, reduces the risk for bladder cancer, and reduces the risk for strokes and heart disease. And, water is calorie free!



Drinking water in place of soft drinks helps prevent obesity.

### Be free of dependence on tobacco, alcohol, and drugs

Dependencies on tobacco and alcohol are responsible for more premature deaths than any other cause, over a half million lives annually.

### Maintain a healthy weight

Current estimates are that over 400,000 people die prematurely every year in the U.S. due to excess weight. Overweight is soon expected to be the leading cause of preventable death in the U.S. Losing as little as 7% to 10% of your body weight (if overweight) can significantly improve your life and help prevent diabetes, high blood pressure, heart disease, strokes, and even arthritis.

### Consider mental and emotional health

To enjoy the best physical health you also need to pay attention to mental, emotional, social, and spiritual health. Take time to relax, have fun, build relationships, learn new coping skills, and be of help and support to others.

### Get regular checkups

Combining a positive, healthy lifestyle with proper preventive medical care is the best blend for preventing serious disease and enjoying good health and peace of mind. Learn what exams, blood tests, and other checks are important for preventing disease and for early detection of disease while it is still treatable. Become prevention minded!

## Guidelines for Making Lifestyle Changes

It is one thing to learn about health. It is another to put learning into practice and experience better health.

Consider the following behavior change possibilities:

- **Intentions** are a preliminary form of action, capable of influencing change.
- **Goals** put intentions and desires into measurable outcomes.
- **Actions** make attaining one's goals a possibility.
- **Commitment** makes actions permanent and reaching goals a reality.
- **Wishful thinking** is what could have been.

Each week you will learn a little more about healthy living. We invite you to put it into practice. Here are some scientific guidelines for making lifestyle changes.

- 1. Take personal responsibility.** Others can assist, but you have to take charge of your health and life.
- 2. Choose to make changes because you want to.** For goals and values to be permanent, they must be chosen freely. Make a list of the reasons why you want to make changes.
- 3. Set realistic and measurable goals.** Be specific. Set a time line to achieve your goal (a short-term goal should be no longer than 6 to 10 weeks. Plan a reward when you reach your goal.
- 4. Enlist the help of a buddy,** someone you can work with in achieving your goal. Tell family and friends your new goal and ask for their support. If needed, join a support group.
- 5. Learn as much as you can about the best way to reach your goal.** Attend a class if possible. Read. Study. Talk to those who have reached a similar goal.
- 6. Get help from a health professional if needed,** someone you can get reliable information from and someone to report to on how you are progressing. It may be a doctor, nutritionist, fitness trainer, or counselor. It is a sign of strength, not weakness, to ask for help.
- 7. Don't give up.** Any worthwhile goal takes persistence and commitment. Experiment. Try something new. Share what you are learning with your family and friends. If you do this, each week you will also be a little healthier and will feel good about the new you!

## What I learned

## What I can do this week

Choose what you would like to begin doing.

- Get at least 7 to 8 hours of sleep.
- Begin walking 15 to 30 minutes daily
- Make an appointment with my doctor to see why I'm so tired all the time
- Eliminate my bedtime snack.
- Plan social time for family and friends.
- Drink 6 to 8 glasses of water daily.
- Begin eating more healthfully.
- Plan a vacation or weekend getaway.
- Take smaller portions and reduce second helpings.
- Other \_\_\_\_\_
- Have fun becoming a healthier me!

## Wellness Goals



- Complete the self-test "How Healthy is Your Lifestyle?"
- Record your starting health data.
- Contact your doctor this week if needed to find out your cholesterol and blood pressure values.
- During this next week, see how many days you can meet the health goals for physical activity, sleep, and drinking water.
- Walk 15 to 30 minutes daily. Count 2 points for each 15 minutes you walk or complete other similar physical activities.
- Get at least 7 to 8 hours of sleep daily. Count 2 points for each day you meet this goal.
- Drink plenty of water daily. Count 2 points each day you drink at least 6 to 8 glasses of water.
- Pick a personal goal (weight loss, eating breakfast daily, lower blood pressure, etc.). Review the list of personal wellness goals and choose at least one you would like to work on for the next eight weeks. Write it in the space provided on the *Personal Wellness Log* printed on this page.
- Each day write down the wellness points you earned from goals achieved. Try to earn at least 35 points this first week.
- Encourage your buddy, and have fun!

## Personal Wellness Log — Week 1

	DAILY POINTS							TD
	Su	M	Tu	W	Th	F	Sa	
<b>Sleep 7-8 hrs/day</b> <i>2 pts for every day achieved</i>								
<b>Water 6-8 glasses/day</b> <i>2 pts for each day achieved</i>								
<b>Physical activity 15-30 min/day</b> <i>2 pts for every 15 min/day</i>								
<b>Personal goal</b> <i>2 pts for each day you meet your goal</i>								
<b>TOTAL WELLNESS POINTS THIS WEEK:</b>								
<b>TOTAL MILES WALKED THIS WEEK:</b>								

### References:

- Breslow and Belloc, *Preventive Medicine* Vol. 1:409-421; Vol. 2:67-81; Vol. 9:469-483.
- Journal of Health Education*, Sept/Oct '97, Vol. 28:298-307.
- Gary Fraser, *Ten Years of Life—Is it a matter of choice?* *Archives of Internal Medicine* July 9, 2001, Vol. 161:1645-52.

For additional information or updated guidelines go to [www.wellsources.org](http://www.wellsources.org).

# Week 2

## Becoming More Physically Active

The Surgeon General's report summarizing research on physical activity and health states that physical activity protects against heart disease, high blood pressure, stroke, obesity, osteoporosis, several cancers, and diabetes. It also combats stress, depression, fatigue, and helps you feel better about yourself, gives you more energy, and simply makes you feel good!

### *Physical activity is basic to good health*

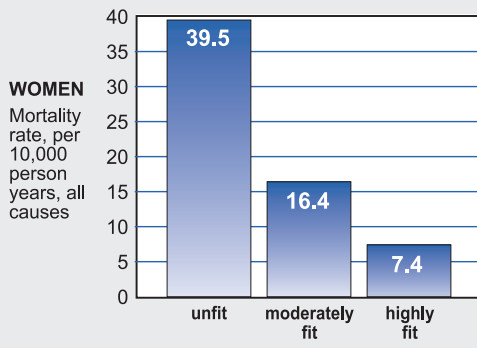
New research shows that any activity you do is beneficial, and it doesn't need to be strenuous to have health benefits. Physical activity guidelines from the Centers for Disease Control and Prevention and the American College of Sports Medicine<sup>1</sup> state:

"Every U.S. adult should accumulate 30 minutes or more of moderate-intensity physical activity on most, preferably all, days of the week."

The more physically fit a person is, the lower is the risk of death from any cause. In one study, the greatest drop in mortality is between being unfit (no regular exercise program) and moderately fit.

This chart illustrates that even moderate exercise can have a very positive impact on your health. In this study, men (not shown) and women who were moderately fit cut their risk of dying during the study period by 2.5 times compared to those not exercising. Those who became highly fit had even further advantages.

**Physical Activity and Health Study**



Source: S. Blair, et.al. "Physical fitness and all-cause mortality," JAMA, Vol. 262, No. 17, p. 2395-2401.

### *Institute of Medicine fitness guidelines*

- To prevent weight gain and obtain optimal health benefits from physical activity, 60 minutes of daily moderate intensity physical activity is recommended. Examples include:
  - brisk walking (4 mph when possible)
  - walking/jogging (5 mph)
  - other activities equivalent to these activities
- Children also need 60 minutes or more of daily activity.

Source: National Academy of Sciences, IOM, 2002.

## *Health Benefits of Physical Activity*

As many as 250,000 premature deaths per year are due to a lack of physical activity.<sup>1</sup> That is approximately 12% of all deaths. Exercise is protective against many of our nation's most serious health problems.

**Here are some of the ways regular physical activity protects your health.**

- Improves blood lipid profile, decreasing blood fats and increasing protective HDL ("good" cholesterol)
- Relaxes arteries, improving resting blood pressure
- Improves function of platelets and clotting mechanism to prevent unwanted blood clots
- Improves body composition (burning excess fat and building muscle tissue)
- Enhances glucose tolerance and insulin sensitivity
- Improves bone density helping prevent fractures
- Enhances immune system
- Improves psychological function and mood
- Maintains muscle mass
- Increases metabolism

## *Exercise Guidelines*

When developing your physical activity program, consider these key guidelines recommended by the American College of Sports Medicine.<sup>1,3</sup>

### **1. Activities**

Start with moderate-intensity activities – activities that moderately increase your heart rate and breathing but do not cause undue strain, breathlessness, or fatigue in healthy adults. **Here are some examples:**

- Brisk walking, 3 to 4 mph for most healthy adults
- Cycling for pleasure, 8 to 10 mph
- Swimming, moderate effort
- Table tennis
- Golf, walking, pulling or carrying clubs
- Canoeing leisurely, 2 to 4 mph
- Active gardening, mowing lawn
- Conditioning exercises, calisthenics
- Active dancing
- Low impact aerobics to music

## 2. Exercise time

Aim for 30 to 60 minutes daily. If it is more convenient, break up your activity into two sessions. Walk for 15 minutes in the morning and spend another 15 minutes mowing the lawn or going for a bike ride in the evening. Three 10-minute sessions during the day are likewise beneficial. For optimum benefits, especially for those trying to maintain a healthy weight, the National Institute of Medicine recently recommended up to 60 minutes of moderate activity daily.<sup>4</sup>

Try to be more active throughout the day: walk up the stairs instead of taking the elevator, walk to a store instead of driving, pedal a stationary bike while watching TV, garden, rake leaves, go dancing, and actively play with the children.

## 3. Intensity

You should be able to maintain moderate activities for 15 to 30 or more minutes without undue strain or fatigue. They should be “fairly easy to somewhat hard.” They should make you breathe deeply, but not get out of breath so much that you can’t carry on a conversation if you want to. Breaking out into a moderate sweat 5 to 10 minutes after beginning to exercise is also a good sign that you are working-out at a beneficial level.

## 4. Progression

If you are not used to doing any physical activity, start with 5 to 10 minutes once or twice a day. Slowly build up to 30 or more minutes daily. The goal is to burn at least 200 calories daily in physical activity – the equivalent of walking 2 miles.

For higher fitness levels, increase the amount of time for each activity session. If you are in excellent health, increase the intensity to include more vigorous activities such as jogging, biking, swimming, and active sports. Alternate the days you do more vigorous physical activities with days you do moderate activities. For extra help to keep weight under control, 60 minutes of moderate activity daily is recommended.

Start each session with a warm-up such as easy walking for 4 to 5 or more minutes. Likewise, end each exercise session with a cool-down period, such as easy walking for 3 to 5 minutes. These transitions into and out of more vigorous activity can prevent injuries and strain on the heart and body. They help the body adjust gradually.

## 5. Medical clearance

Most adults do not need to see their doctor before starting a moderate-intensity physical activity program. However, men 40 or more or women 50 or more years who plan to do vigorous exercises, and people who have chronic disease (such as a heart problem, high blood pressure, or diabetes) or risk factors

for chronic disease should contact their doctor for help in designing a safe, effective program.

## 6. Strength

Lifting weights or using weight machines is a good way to improve strength. You can also do sit-ups or curl-ups, push-ups, or pull-ups by using your body as the weight or resistance. Getting a few dumbbells is inexpensive and helpful for arm and shoulder exercises. Strength training activities should be done 2 to 3 times a week. Activities that require strength in daily activities are also helpful, such as heavy construction, heavy housework, lifting, carrying, etc.

Joining a fitness club is a good way to get started correctly and safely. They have a wide variety of equipment to use. Be sure to ask for guidance on how to use the equipment properly for best results. Or, you can start your own gym with a mat and a few dumbbells, and add other equipment as you progress and desire. Get your spouse, health buddy, or other friend to join you. It will help them and will be good motivation for you to keep exercising.



## Strength building guidelines

- Perform a minimum of 8 to 10 separate exercises that strengthen the major muscle groups (arms, shoulders, chest, back, hips, and legs). This can be using weights such as dumbbells, resistance equipment, or calisthenics.
- Perform a minimum of one set of 8 to 12 repetitions of each of these exercises to the point of volitional fatigue (until your muscles are tired and you don’t feel like doing any more). Older persons (50 or more) can lessen risk of injury by doing a lighter exercise but more repetitions (up to 15).
- Perform these exercises 2 to 3 times per week.
- Do each exercise through a full range of motion of the muscle you are training.
- Do each exercise in a controlled manner – slow and controlled, not fast or jerky.
- Maintain normal breathing. Don’t hold your breath and strain. This can cause excessive blood pressure.
- Exercise with a training partner whenever possible for added safety, added motivation, and feedback on your technique.

## Stretching guidelines

- Stretch the major muscle groups of the body including arms, legs, hips, back, neck, and shoulders.
- Go through a full range of motion of each joint. Avoid over stretching or stretching that is painful.
- Do static stretches. Don’t bounce, simple stretch to a comfortable limit and hold 10 to 30 seconds.
- Do 3 to 4 repetitions of each stretch.
- For best results, do stretching at least 2 to 3 days each week.

*Source: ACSM Exercise Guidelines 6th Edition, 2000.*

## 7. Flexibility

You'll experience greater freedom of movement and balance when you stretch regularly. The President's Council on Physical Fitness and Sports recommends you stretch at least 2 to 3 times a week, preferably daily, following moderate or vigorous physical activity. Briefly stretch each major muscle group: head and neck; shoulders, chest and upper back; thighs, quadriceps, and hips; lower back, abdominals, and hamstrings; and calves and ankles.

Even if you don't consider yourself particularly flexible, don't be concerned. As you gently stretch your muscles, they will lengthen.



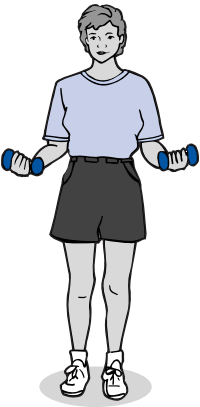
## 8. Fit for life

Look for ways to make physical activity fun, regular, and enjoyable. Get your partner, family, and friends involved.

Try a variety of activities. Look for facilities close by that you can use after dark or when the weather is bad. Set goals and keep a record of your progress.

Keeping active throughout your lifetime will help

you stay healthy, live longer, and improve the quality of your life.



### References

1. CDC and ACSM, *Physical activity and Public Health, Journal of the American Medical Association*, 273:402-7.
2. Steven Blair, et.al. "Physical fitness and all-cause mortality," *JAMA*, Vol. 262, No. 17, p. 2395-2401.
3. American College of Sports Medicine, *Exercise Guidelines 6<sup>th</sup> Edition*, 2000.
4. NAS, Institute of Medicine, *Dietary Reference Intakes (DRIs)*, 2002.

## What I learned

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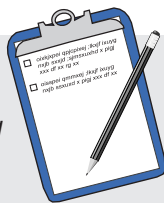
## What I can do this week

Choose what you would like to begin doing.

- Go for a walk daily.
- Begin learning a new sport.
- Organize a family walk after dinner.
- Take stairs instead of elevators.
- Identify any exercise barriers and come up with specific ways to overcome them.
- Warm up and cool down every exercise session.
- Do strength and flexibility exercises.
- Other \_\_\_\_\_
- Have fun becoming a healthier me!

## Wellness Goals

1. Complete your *Fitness Planning Worksheet* (on page 11).
2. Take the Physical Activity Barriers Quiz (get a copy from your instructor or download from the web at [www.wellsource.org](http://www.wellsource.org)).
3. Do strengthening and stretching exercises at least 2 to 3 times this week.
4. Record your daily activity on the *Physical Activity Log*. Aim for 40 or more wellness points this week!



For additional information or updated guidelines go to [www.wellsource.org](http://www.wellsource.org).

## Personal Wellness Log—Week 2

	DAILY POINTS						T D
	Su	M	Tu	W	Th	F	
<b>Sleep</b> 7-8 hrs/day 2 pts for every day achieved							
<b>Water</b> 6-8 glasses/day 2 pts for each day achieved							
<b>Physical activity</b> 20-30 min/day 2 pts for every 15 min/day							
<b>Personal goal</b> 2 pts for each day you meet your goal							
<b>Stretching/strengthening</b> 2 pts for each day achieved							
<b>TOTAL WELLNESS POINTS THIS WEEK:</b>							
<b>TOTAL MILES WALKED THIS WEEK:</b>							

# Fitness Planning Worksheet

Name \_\_\_\_\_ Starting date \_\_\_\_\_

## Activities I want to include in my fitness program:

- |  |                                       |  |
|--|---------------------------------------|--|
| <input type="checkbox"/> Walking   | <input type="checkbox"/> Hiking       | <input type="checkbox"/> Volleyball                        |
| <input type="checkbox"/> Rowing/canoeing   | <input type="checkbox"/> Running      | <input type="checkbox"/> Golf (walking, carrying clubs)    |
| <input type="checkbox"/> Calisthenic exercises                                     | <input type="checkbox"/> Swimming     | <input type="checkbox"/> Basketball                        |
| <input type="checkbox"/> Bicycling   | <input type="checkbox"/> Skating      | <input type="checkbox"/> Handball or racquetball           |
| <input type="checkbox"/> Stationary cycling  | <input type="checkbox"/> Skiing       | <input type="checkbox"/> Jumping rope                      |
| <input type="checkbox"/> Dancing   | <input type="checkbox"/> Snowshoeing  | <input type="checkbox"/> Tennis                            |
| <input type="checkbox"/> Aerobics to music class                                   | <input type="checkbox"/> Soccer       | <input type="checkbox"/> Judo or other self defense sports |
| <input type="checkbox"/> Pilates or aerobics on DVD<br>or video tape for home use) | <input type="checkbox"/> Table tennis | <input type="checkbox"/> Other _____                       |

**Duration** (time per session): \_\_\_\_\_ minutes      **Time of day** I plan on exercising: \_\_\_\_\_

**Frequency** (times per week): \_\_\_\_\_

**Intensity:**       Easy pace  
                       Moderate pace  
                       Vigorous pace  
                      \_\_\_\_\_ min/mile walking or running

## Aerobic miles per week:

- |  |                                     |
|--|-------------------------------------|
| <input type="checkbox"/> 6 aerobic miles per week  | <b>Number of steps</b> daily: _____ |
| <input type="checkbox"/> 10 aerobic miles per week | (If using pedometer)                |
| <input type="checkbox"/> 15 aerobic miles per week |                                     |
| <input type="checkbox"/> 20 aerobic miles per week |                                     |
| _____ aerobic miles per week                       |                                     |

**My goal** (goal to achieve in 6 to 10 weeks): **Write out and be specific.**

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**Reward** for reaching goal:

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**Commitment:** I intend to reach this goal to the best of my ability.

\_\_\_\_\_  
*My signature*

\_\_\_\_\_  
*My buddy's signature*

# Physical Activity Log

**Instructions:** Enter daily activity using aerobic miles, walking or running miles, time (min/day), or steps completed daily if using a pedometer. Summarize totals for each week as: total aerobic miles, number of days each week you achieved 30 or more minutes of activity, or number of days you achieved 10,000 steps.

## MY GOALS

\_\_\_\_\_ miles walked or run  
 \_\_\_\_\_ steps  
 \_\_\_\_\_ minutes per day  
 \_\_\_\_\_ aerobic miles

Name \_\_\_\_\_ Starting date \_\_\_\_\_

Wk	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Week's total aerobic miles	Weight
1									
2									
3									
4									
5									
6									
7									
8									