

WALKaDAYSM



WALK-A-DAY



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What is Walk-a-Day?

If you're reading this, it means you are ready to grab your sneakers and help your employees take the first step towards better health. The purpose of the Walk-a-Day program is to encourage just 30 minutes of walking a day. Designed to be customizable for your company's needs, you decide how simple or involved you want your program to be, and whether you want the program to run for a year or a month or only two weeks. In this packet, we share tips and resources to help you design a successful program that will encourage behavioral lifestyle changes and be fun! So, let's get started!

WALK-A-DAY PROGRAM ADVANTAGES

Walking at a reasonably vigorous pace (three or four mph) for 30 minutes five to six times a week has many health benefits and adds to the quality of life:

- > Higher productivity and happier employees
- > Lower healthcare costs
- > Fewer work and non-work disabilities
- > Lower employee turnover
- > Fewer workers' compensation claims
- > Improved disease management
- > Increased access to employees through the work site
- > It's convenient and easy to participate
- > It can reach beyond employees to influence their families
- > A network of support among coworkers can help change health behaviors and promote healthy lifestyles

When developing your program look for ways to incorporate the many resources like education handouts and quizzes to reinforce health messages, tracking options, and kick-off campaigns to motivate employees and keep the momentum going.

ENVIRONMENTAL SUPPORT

Environmental support means changing or adapting company-wide policies and procedures that recognize and endorse healthy choices as a win-win for employees and employers. Examples of environmental support are offering healthy choices in the cafeteria or giving health swag as gifts to employees.

Each workplace is different, so this program provides educational and team-building materials as well as ways to make environmental changes. Consider budget, managerial support, human resources, and the needs of your employees when determining your program.

Getting Started

STEP 1 REVIEW PROGRAM MATERIALS

Read through the materials provided and decide how to implement the program. Materials include:

- > Kickoff materials
- > Educational handouts
- > Quizzes
- > Tracking logs
- > Walking maps

STEP 2 >> SET A BUDGET

You can run a successful program on any budget, large or small. Keep these in mind as you develop your budget:

- > Advertising/promotion
- > Prizes or incentives
- > Activities
- > Printing program materials

STEP 3 >> PLAN THE PROGRAM

The planning process is the time to determine your goals for the campaign. Ask:

- > What level of employee participation are you working to achieve?
- > What is our budget?
- > What organizational resources do we need?

STEP 4 >> PLAN THE PROGRAM TIMELINE

This step is critical to a successful program.

HINT: Plan a quarterly calendar that includes the various components of the program so employees have the time they need to complete one of the monthly walking tracker programs included in the materials.

STEP 5 >> DETERMINE INCENTIVES

Incentives encourage employee participation and generate enthusiasm. They don't have to be expensive or given to every participant. If you decide to give

incentives, consider your budget, the number of participants you anticipate, and how winner will be determined. You could provide a shirt to everyone who participates or do a big prize drawing for a weekend getaway.

STEP 6 >> DESIGN YOUR PROMOTIONAL PLAN

Get the word out! It might not seem like a big deal, but you really must promote your program if you want successful participation. Plan to start promotion two to three weeks prior to kick-off day. Promotional materials may include:

- > Email or texts
- > Posters/flyers
- > Company newsletter
- > Bulletin boards
- > Social media
- > Company website

STEP 7 >> PREPARE PROGRAM MATERIALS

Customize the materials you will use for your program. Personalize materials with specific dates, times, and places appropriate for your organization.

STEP 8 >> IMPLEMENT THE PROGRAM

Kick-off the program with some fun activities. Here are some ideas:

- > A lecture on the benefits of walking
- > Walk a mile, together!
- > Map a mile around your facility
- > Promote walking clubs

STEP 9 >> EVALUATE THE PROGRAM

You'll want to know if your program was successful at encouraging change. See pages 31 and 30 for an Evaluation Form you can use to determine program results and make future program choices.

Sample Timeline

MAY 1 TO 31

- > Information in company newsletter of upcoming program
- > Arrange for a SelectHealth® Health and Wellness team member to measure any available walking trails in or around your company
- > Print any needed materials, flyers, posters, or trackers

MAY 20 TO 31

- > Start advertising the program via flyers or email
- > Assess program handouts and flyers for print or email distribution beginning on June 1

MAY 30 TO 31

- > Enrollment due
- > Email Walk Through the Park Instructions and Tracker or 15 to Fit Tracker to participants

JUNE 1

30-day Walk Through the Park or the 15 to Fit program begins

JUNE 3 TO 7

Begin emailing Educational Walking Handouts and Quizzes to program participants

JUNE 10 TO 14

Continue emailing Educational Walking Handouts and Quizzes to participants

JUNE 17 TO 21

Finish emailing Educational Walking Handouts and Quizzes to participants

JUNE 24 TO 30

Distribution and collection of evaluations

JULY 1 TO 5

Distribute the following to employees:

- > List of prize winners
- > Number of participants
- > Evaluation of results, including “success stories” and comments

JULY 8

Prize distribution

Environmental Support Ideas

- > Allow time off work to attend health seminars, wellness presentations (e.g., Healthy Recipe Rehab, Healthy Cooking)
- > Provide a safe walking path to use on breaks
- > Encourage stair usage instead of the elevators
- > Encourage management to use the stairs
- > Start a walking club
- > Serve healthy foods and snacks in meetings
- > Map a one-mile walk around your facility
- > Offer maps that show walking routes on or near your facility
- > Have a “no smoking” policy
- > Have fitness trackers (e.g., Fitbit) for employees to purchase
- > Sponsor sports and recreation teams
- > Offer discounts to fitness clubs
- > Offer exercise classes at your facility
- > Provide a fitness center
- > Encourage biking to work and provide bike racks
- > Publicly recognize employees for healthy behaviors

MEASURING WALKING TRAILS

Knowing the distance of any trails around your worksite helps employees track mileage and choose how far they walk during breaks. We will come out and measure a walking trail around your worksite.



Program Resources

Complete the checklist to assess your company's ability to promote the Walk-a-Day program using your physical and corporate cultural resources. This will help you to determine how your organizational resources may benefit or limit the scope of your program.

PROMOTIONAL DISPLAY RESOURCES

- ☐ Bulletin Boards
- ☐ Company fitness center
- ☐ Walking paths (indoors or outdoors)
- ☐ Cafeteria/break rooms
- ☐ Stairs/elevators

COMMUNICATION RESOURCES

- ☐ Printing
- ☐ Employee newsletter
- ☐ Email/texts
- ☐ Company meetings
- ☐ Social media
- ☐ Company website

EMPLOYEE SCHEDULE RESOURCES

- ☐ Shifts employees work?
- ☐ Rotating schedules?
- ☐ Special promotion during the year?
(e.g., employee, party, luncheon)

PERSONNEL RESOURCES

- ☐ Who might be a champion for the walking program?
- ☐ Who are the key leaders to help promote the program?
- ☐ What advisory groups exist that might have an interest in the walking program?
- ☐ Who are the decision makers?
- ☐ Who can lead teams or committees?
- ☐ Who can serve on the teams or committees?

CORPORATE CULTURE RESOURCES

- ☐ How healthy is your corporate culture?
- ☐ What is the average age?
- ☐ Do employees communicate openly?
- ☐ Do leaders support diversity of opinion?
- ☐ Do employees have fun and get along?
- ☐ Do employees have flexible work schedules?
- ☐ Do employees work together as a team?
- ☐ Is work, personal, and family time in balance?
- ☐ Does the company consider employees as their most valuable asset?

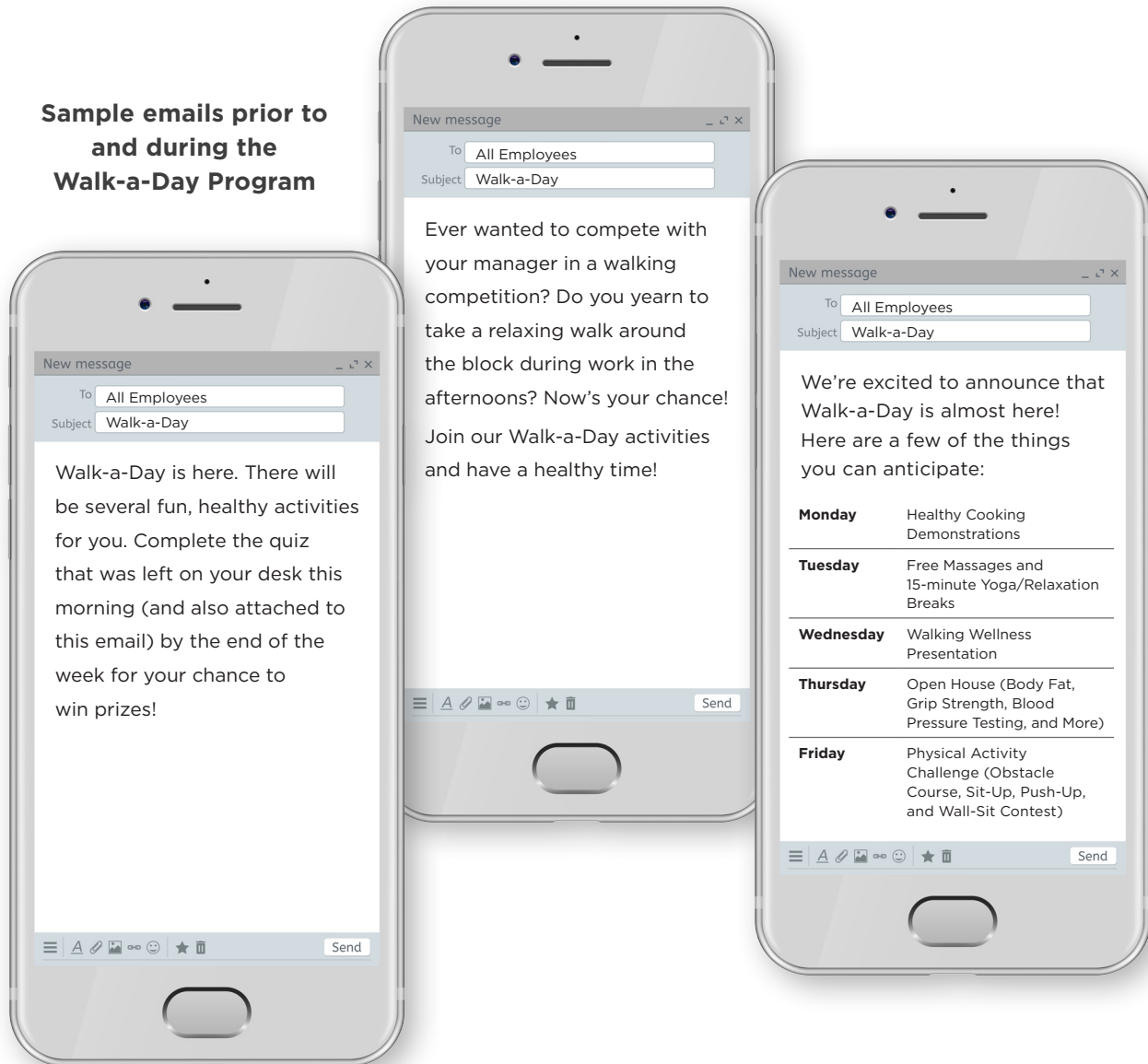
Sample Promotional Emails

WALK-A-DAY PROMOTION

Publicize your Walk-a-Day program to your employees to create excitement and anticipation. This will allow them to arrange their schedules and participate in the activities. Promote through a variety of methods to reach the majority of your employees, such as emails, flyers, posters, and articles in your company newsletter. (See samples under “Program Materials.”)

In addition to promoting the upcoming Walk-a-Day program, make sure to communicate with your employees throughout the program. This will help keep them engaged and increase participation in daily activities. For example, you may want to send out an email informing employees of the activities for the day and include a health fact. (See samples under “Daily Health Facts.”)

Sample emails prior to and during the Walk-a-Day Program



Incentive Ideas

- > T-shirts
- > Water bottles
- > Exercise clothing, shoes, or watches
- > Yoga mat, activity tracker, foam roller, or massage ball
- > Certificate or recognition in staff meeting or newsletter
- > Movie tickets
- > HSA contributions
- > Cooking Class
- > Meal plan subscription (e.g., Hello Fresh)
- > Subscription to Audible
- > Travel vouchers
- > Extra time off
- > Gift cards



PRIZE DISTRIBUTION IDEA

Hold a prize drawings for those who complete activities such as taking quizzes, attending presentations, or meeting goals

Tier prizes based on the number of steps:

- > Gold: 10,000 + steps
- > Silver: 6,000 + steps
- > Bronze: 3,000 + steps



PROGRAM MATERIALS

PROGRAM MATERIALS

Included in this section are materials you can use during Walk-a-Day.

15^{to} FIT

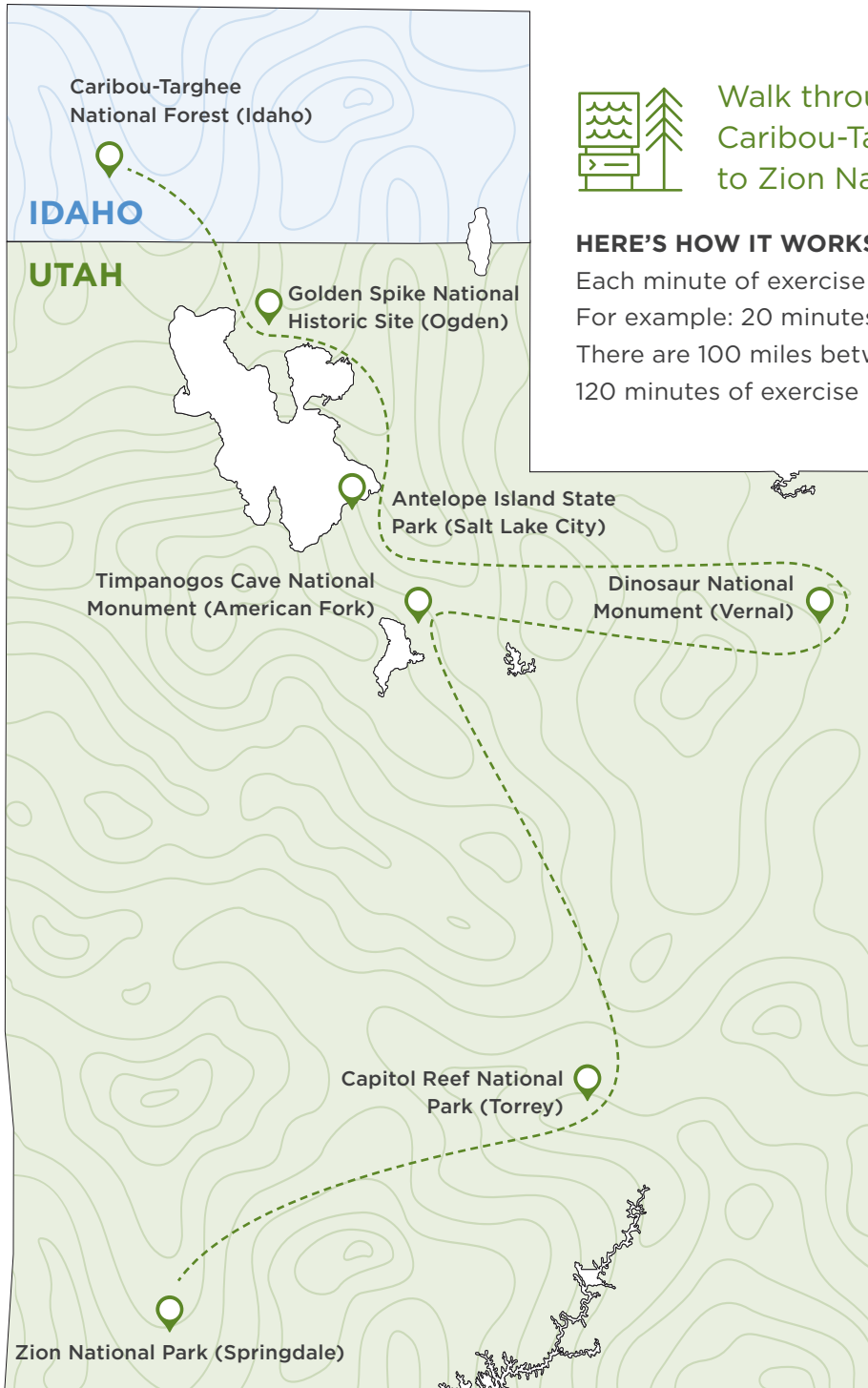


MAKE EXERCISE A HABIT

Use the spaces above to record each day during the month that you walk for 15 minutes or more.

If you walk every day for the next 28 to 30 days, chances are good that it may become a habit.

Walk Through the Parks



Walk through the parks from Caribou-Targhee National Forest (Idaho) to Zion National Park (St. George).

HERE'S HOW IT WORKS:

Each minute of exercise equals one mile walked.
For example: 20 minutes of exercise = 20 miles completed.
There are 100 miles between each park, which equates to 120 minutes of exercise per week.

DIRECTIONS

1. Track your walking exercise on your Travel log from _____ to _____. Fill out the activity and minutes exercised.
2. At the end of each week, add up your total minutes.
3. Convert your minutes to steps (one minute = one mile).
4. Complete 600 miles.
5. Send your completed form to by _____, to be entered into a prize drawing for _____.

Walk Through the Parks Travel Tracker

Name _____

Phone _____

Department/Facility _____

Email Address _____

Start Date _____

End Date _____

Record the date, the type of physical activity you participated in, and the number of minutes you completed each day.

Weekly Walking/Travel Tracker - miles/minutes

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
1								
2								
3								
4								
5								
6								

Reasons for Walking

WALKING IS A LOW-RISK ACTIVITY

Walking is an easy, inexpensive, practical, low-risk, and fun activity. It's also America's most popular physical activity, with 17 million people who walk frequently.

WALK 10,000 STEPS A DAY

The latest research indicates "10,000 steps a day" meets the guidelines set by the American College of Sports Medicine and the Center for Disease Control for physical activity. Most individuals walk somewhere between 3,000 to 5,000 steps a day. To maintain your health, you should walk at least 6,000 steps a day. However, 10,000 steps a day benefits your health the most. Attaining this goal does not require drastic lifestyle changes.



WALK TO LOSE WEIGHT

While you can see improved blood pressure and lower cholesterol with 10,000 steps of activity per day, it likely won't be enough to lose weight (fat) and maintain weight (fat) loss. The amount of physical activity required to lose weight is 2,000 to 2,800 kilocalories per week. That is approximately 12,000 to 18,000 steps a day. This does not mean you need to start with 12,000 steps a day—the idea is to work up to a reasonable goal.

WALK FOR YOUR HEART

Your heart is a muscle. Anything you can do to make the blood flow faster through your heart helps to keep it in shape. Some researchers suggest that a walk consisting of 4,000 to 6,000 uninterrupted steps a day will help strengthen the heart even more.

WALK AND ENJOY IT

Find an activity that you enjoy and that will not disrupt your life too much. It must be something you are able to do almost daily for the rest of your life.

Reasons for Walking Quiz

Complete the Walking Trivia Contest Quiz and enter to win a _____
_____ by _____

HERE IS WHAT TO DO:

- > Complete the quiz.
- > Drop the quiz in the drawing box located in _____.
- > Cross your fingers.

Name _____

Phone _____

Department _____

- Most people walk this many steps a day.
a. 1,000 to 2,000 b. 3,000 to 5,000 c. 6,000 to 9,999
- You should walk this many steps a day to maintain your health.
a. 3,000 b. 5,000 c. 6,000
- Walking this many steps a day is optimal for your health.
a. 7,000 b. 8,000 c. 10,000
- You should walk this many uninterrupted steps a day to strengthen your heart even more.
a. 4,000 to 6,000 b. 1,000 c. 10,000

Read the **WALKING GUIDELINES** handout for the answers to the quiz.

Walking Workouts That Work!

START YOUR PROGRAM

The best way to start your new program is to begin right where you are and work toward making walking a life-long habit for good health.

- > Just start!
- > Walk for any amount of time five days a week.
- > Don't worry about how much time or distance you cover.
- > Record what you do.

BUILD A FOUNDATION

Weeks one to three:

- > Start with a five-minute stroll.
- > Stretch.
- > Walk three times a week for ten minutes (plus warm-up time).
- > Build up to 20 minutes three times a week by the end of the third week.

Expand your workout

Weeks four to nine:

- > Increase your walking time from 20 to 30 minutes, add a fourth day of walking each week, and build speed.
- > Think about your posture, and focus on landing on your heel, rolling to your toe, and pushing off with your toes.
- > Once your form becomes automatic, focus on squeezing your buttocks as you push off your toes.
- > By the end of the ninth week, aim to walk 30 minutes, four times a week at a faster pace.

MEET THE CHALLENGE

Weeks ten to 12:

- > Over the next three weeks, build up to five days a week of walking 40 to 45 minutes.
- > To further increase your speed, focus on swinging your arms, taking care to have unclenched, loose hands. Then, concentrate on walking on a line.
- > After walking ten minutes at a steady pace, do five sets of intervals for a total of 15 minutes.
- > Here's how: First, walk as fast as you can for 90 seconds. Recover for 90 seconds by walking at a leisurely pace. Repeat four times.
- > Walk at a steady pace for the rest of your workout.
- > Cool down with a five-minute stroll.

To avoid injury, start every walk with a five-minute stroll and stretches.

EASY HEALTH WALK ONE

Walk 30 minutes daily at 50 to 60 percent of your Maximum Heart Rate (MHR). This is a purposeful but comfortable, pace to build long-term health and well-being.

EASY HEALTH WALK TWO

Start with a daily 15-minute walk at an easy pace. Walk five days the first week. You want to build a habit, so consistency is important. Spread out your rest days, such as making day three a rest day and day six a rest day.

WEIGHT CONTROL WALK

Walk at 60 to 75 percent of your MHR for 45 to 60 minutes daily. This is a brisk pace where you notice your breathing but you can still carry on a conversation. The longer time period at this moderate pace will burn calories and give your body time to draw on its fat stores for energy.

Walking Workouts That Work Quiz

Complete the Walking Trivia Contest Quiz and enter to win a _____
_____ by _____

HERE IS WHAT TO DO:

- > Complete the quiz.
- > Drop the quiz in the drawing box located in _____.
- > Cross your fingers.

Name _____

Phone _____

Department _____

1. Start your walk with a _____ minute stroll.
2. To walk for weight control, you should walk for _____ to _____ minutes daily.
3. What is your maximum heart rate?
4. What is your lower-limit heart rate?
5. What steps are included in an optimal walking program?

Read the **WALKING WORKOUTS THAT WORK!** handout for the answers to the quiz.

How to Walk for Weight Control

HOW DO I LOSE WEIGHT AND KEEP IT OFF?

To maintain weight, you must balance calories and exercise. A pound of fat equals 3,500 calories. Losing one to two pounds of fat a week is a sensible goal. To reach that goal, use a combination of increased activity and reduced eating to decrease your total calories by 3,500 over seven days.

WHAT IS MY BODY MASS INDEX (BMI)?

BMI is used to predict health risk. BMI is NOT a measure of body fat percentage; however, high BMIs are associated with being overweight, which is usually due to excess body fat. To calculate your BMI, divide your weight in pounds by your height in inches.

How to calculate your BMI = Weight (lb.)/Height (inches)² X 703.

20 to 25	Very low risk
26 to 30	Low risk
31 to 35	Moderate risk
36 to 40	High risk
40+	Very high risk

HOW MANY CALORIES DO I BURN BY WALKING?

A candy bar = 3 to 5 miles worth of walking

A Big Mac = 6.2 miles of walking

If you eat more calories per day than you use, you will not lose weight. Walking at a moderate pace for 30 to 60 minutes burns stored fat and can build muscle to speed up your metabolism.

HOW FAR SHOULD I WALK?

Time spent walking is more important than distance. If you speed up to walk a mile in 13 minutes or less, you will burn more calories per mile, but a more sensible focus for most beginning walkers is to increase distance



before working on speed. The table on page 40 shows an estimate of calories burned for every ten minutes for walking and a wide variety of other activities.

HOW DO I BEGIN?

If you know your schedule will be busy on a particular day, plan to make adjustments. Walk a shorter route and make it up by eating less or walking longer the next day. Make walking a habit or a scheduled appointment.

HOW FAST DO I NEED TO WALK TO BURN FAT?

First, you want to wake up your muscles and let them know you plan to be active. Walking at an easy pace for five to ten minutes tells your muscles they can't just sit back and burn up the available sugars; they need to call on the fat reserves. You should not start off at a high speed because your cells don't get the signal this is a long-term activity, so instead they use sugars only. The speed to walk for optimal fat burning is a determined pace. You should be breathing noticeably but able to carry on a conversation in full sentences. Your heart rate should be 60 to 70 percent of your maximum heart rate. You should be able to walk at this speed for 30 minutes at a time. At this point, you are building muscle and raising your metabolic rate so you are burning more calories all day long.

How to Walk for Weight Control Quiz

Complete the Walking Trivia Contest Quiz and enter to win a _____
_____ by _____

HERE IS WHAT TO DO:

- > Complete the quiz.
- > Drop the quiz in the drawing box located in _____.
- > Cross your fingers.

Name _____

Phone _____

Department _____

1. A pound of fat equals how many calories?
a. 2,000 calories b. 3,500 calories c. 5,000 calories
2. BMI stands for:
a. Body Measurement Indicator b. Body Minimizer Index c. Body Mass Index
3. If you want to lose weight, how many days of the week should you plan on walking?
a. 3 times a week b. most or all days of the week. c. once a week
4. A 140 lb. person, walking for ten minutes, burns how many calories?
a. 100 b. 50 c. 87

Read the **HOW TO WALK FOR WEIGHT CONTROL** handout for the answers to the quiz.

Treadmill Treks

Treadmills are the most popular piece of cardio equipment because they're versatile, simple to use, and offer a great workout.

CHOOSE YOUR TREADMILL

There are two types of treadmills: those with motors and those without. A good treadmill allows you to adjust both the speed and the incline of your workout and gives you feedback on distance traveled, calories burned, pace, and workout time.

TUNE UP YOUR TREADMILL TECHNIQUE

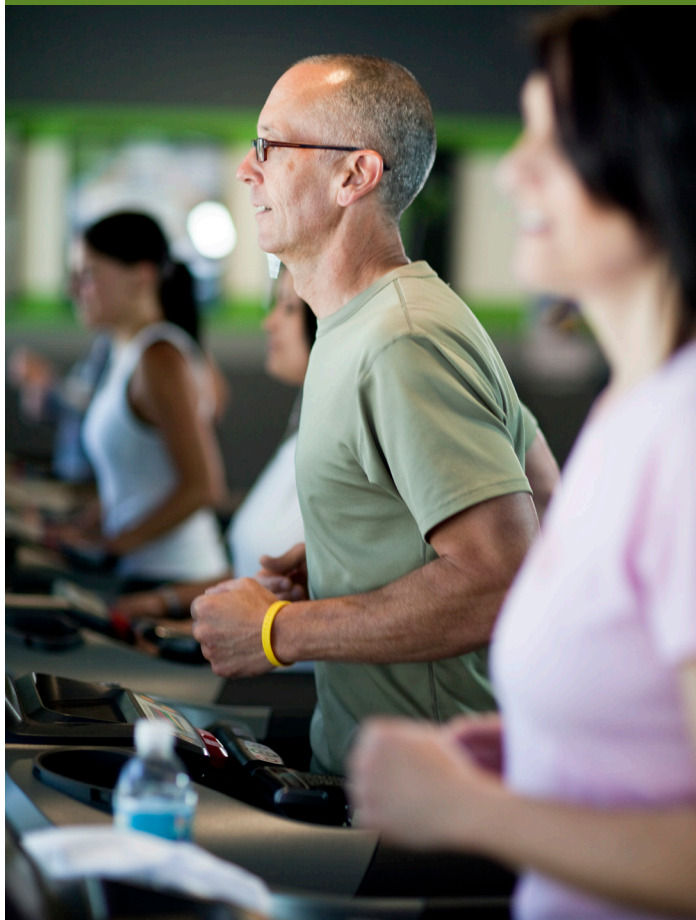
Walking on a treadmill requires a different technique than walking on the ground. The belt rotating underneath your feet on the treadmill causes you to take tiny little jumps up and down as you walk instead of just pushing off from behind. In addition, the belt forces your forefoot to slap down more quickly and perhaps harder than you are used to. This can cause shin aches. You also might discover aches in other muscles because of the slightly different manner of movement on a treadmill.

KEEP THE SPEED AND INCLINE UNDER CONTROL

If you can't keep up with the rotating belt, you may find yourself hanging from the front bar or side handles. This causes you to use less personal energy to move forward, burn fewer calories, and gives your muscles a weak workout.

SET YOUR INTENSITY

When you walk on a treadmill, you don't have to overcome wind and air resistance to move your body forward as you do when walking outdoors. For this reason, you'll have to either choose a slightly faster speed indoors (about .1 to .2 mph more) to reach the same outdoor intensity, or you'll have to walk the same speed but select a one percent grade. Check your heart rate for the best match intensity.



SPICE UP YOUR TREADMILL WORKOUT

Set the mood. Lights, TV, music, ACTION. If your treadmill is at home, put it in an inviting place.

Check your form. Roll to the ball of your foot and swing your arms with a purpose. Use your stomach muscles and keep your eyes straight ahead and your shoulders back and relaxed.

Try a pyramid. Increase your speed 0.1 mph every minute until you hit the halfway time of your walk. Then decrease your speed 0.1 mph every minute during the last half of your walk. This is a great way to burn calories.

Use the TV to lose weight. Record your favorite show and watch it only when taking your walk for the day.

Walk backwards. For added coordination, balance, and strength, try walking backwards on the treadmill at an easy pace.

Training for a marathon? Rent a movie series and walk, and walk, and walk.

Treadmill Treks Quiz

Complete the Walking Trivia Contest Quiz and enter to win a _____
_____ by _____

HERE IS WHAT TO DO:

- > Complete the quiz.
- > Drop the quiz in the drawing box located in _____.
- > Cross your fingers.

Name _____

Phone _____

Department _____

Circle True or False.

1. Walking on a treadmill requires a different technique than walking on the ground. T F
2. Hanging on the front or side handles of the treadmill helps you lose weight in your treadmill workout. T F
3. You should increase your treadmill speed by about _____ to _____ to reach the same outdoor intensity.
4. Fill in the blanks to spice up your treadmill workout:

Play a game with the _____.

Try a short _____.

Cut back on your _____ habits at home.

Read the **TREADMILL TREKS** handout for the answers to the quiz.

Benefits of Walking

Two studies show that walking is a simple way to get in shape and cut your risk of heart attack.

One large study published in *The New England Journal of Medicine* found that middle-aged women who walked briskly for at least three hours each week cut their risk of heart attack by 30 to 40 percent. The faster the women walked, the lower their risk of heart attack.

Another study, reported in the journal *Circulation*, found that older men who walked at least two miles a day cut their risk of heart attack in half. The farther men walked, the lower their risk of heart attack.

Walking helps the heart by lowering BAD cholesterol and raising GOOD cholesterol. It also lowers blood pressure and reduces the risk of blood clots and an irregular heartbeat.

Mayo Clinic research shows that any extra physical activity seems to improve the health of sedentary folks. So, if you're a couch potato, get up and walk! Walking doesn't have to be intense. Even walking slowly can lower your risk of heart disease. Of course, walking faster, farther, or more frequently offers even greater health benefits.

WALKING CAN GIVE YOU:

- > **Healthier body composition.** Regular exercise can help reduce your body fat. A brisk 45-minute walk five times a week for one year can result in a 24-pound weight loss (as long as you don't eat more). Exercise may also reduce your risk of heart disease and adult-onset diabetes. Because walking is a weight bearing activity, it also can help preserve the strength of your bones and delay osteoporosis.
- > **Better balance and coordination.** Regardless of age, physically fit people generally have faster reaction times than their sedentary counterparts. Some scientists believe this is due to an increased



flow of blood to the brain. This can increase the brain's supply of oxygen. Decreased circulation of blood to the brain slows responses.

- > **Improved sleep.** Moderate exercise or walking at least three hours before bedtime can help you relax and sleep better at night.
- > **Longer life expectancy.** In a study of Harvard graduates, men who burned 2,000 or more calories a week by walking, jogging, climbing stairs, or playing sports lived an average of one to two years longer than those who burned fewer than 500 calories a week by exercising.

HOW WALKING AFFECTS HEALTH

If you're fit, you're less likely to be chronically ill, disabled, or dependent on others later in life. Here's a look at how exercise impacts disease:

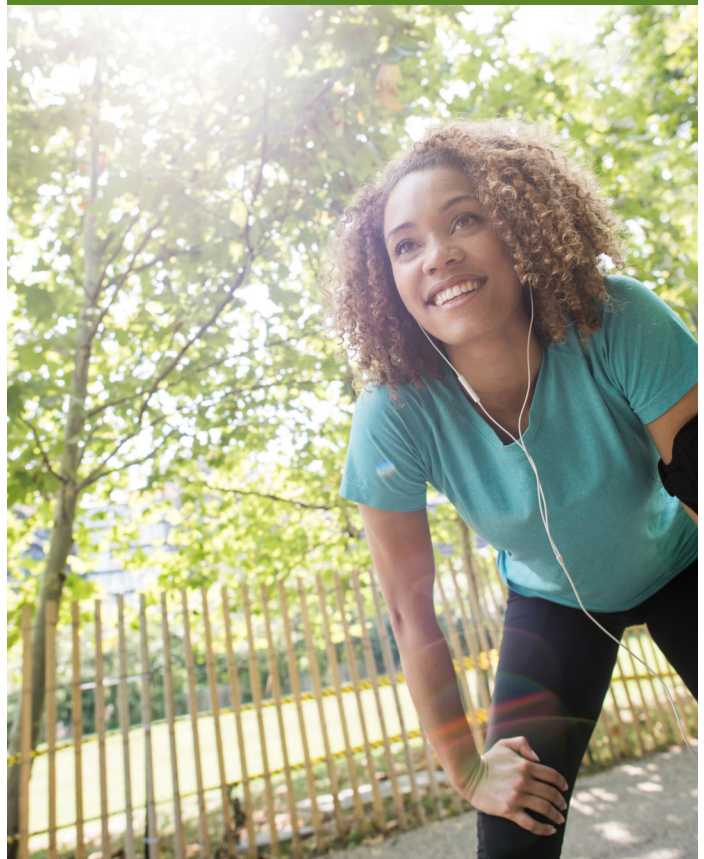
- > **Coronary artery disease and high blood pressure.** Being inactive approximately doubles the risk for coronary artery disease. On the other hand, people who exercise can often reduce or even eliminate blood pressure medications. Exercise also reduces LDL (bad) cholesterol and triglycerides (fat) while increasing HDL (good) cholesterol.

Benefits of Walking

- > **Diabetes.** People who exercise are less likely to develop type 2 diabetes, also known as non-insulin dependent diabetes mellitus or adult-onset diabetes. For those with insulin-dependent diabetes (type 1 diabetes), a longer-term conditioning program like walking may significantly decrease needed insulin.
- > **Weight control.** Walking briskly for 30 minutes not only consumes calories, but it also boosts your metabolic rate for the rest of the day.
- > **Cancer.** Several studies show a decreasing risk of cancer with increased activity such as walking.
- > **Osteoporosis.** Bone loss in older women and men can be slowed and possibly reversed with a combination of exercise and proper diet.
- > **Arthritis.** Using your joints during regular, appropriate exercise may reduce pain and the risk of joint problems.
- > **Depression.** Walking releases endorphins that lift your mood and relieve tension. You'll feel the boost soon after you start your walk.

HOW WALKING CAN IMPROVE YOUR LIFE

- > **You'll feel and look better.** Exercise increases the supply of glycogen, a fuel to muscles, to make you feel less fatigued. Exercise can also reduce the signs of aging.
- > **Your bones will be stronger.** Inactivity causes loss of bone mass. Astronauts lose bone mass even during the brief time they are in space.
- > **Your blood pressure will go down.** Studies show that regular exercise reduces blood pressure in both normal and hypertensive people.
- > **Your metabolism and weight could improve.** Walking not only consumes calories, but it also boosts your metabolism. Not only do you burn calories during your walk, but hours after exercising.



- > **Your heart will be stronger.** Sedentary individuals have almost twice the number of heart attacks as those who are even moderately active.
- > **You'll be more effective at work.** Fit people have more energy, productivity, and the ability to handle stress.
- > **You'll escape stress and sleep better.** Walking can lessen daily anxiety, improve self-esteem, and increase your sense of well-being. When you feel tense, depressed, and unable to think clearly, take a walk. Alleviating symptoms of stress may help you sleep better too. Regular exercise can be a prescription for a sleep disorder.
- > **You'll have better balance and coordination.** Regardless of age, physically fit people generally have faster reaction times than those that are sedentary.

The Benefits of Walking Quiz

Complete the Walking Trivia Contest Quiz and enter to win a _____
_____ by _____

HERE IS WHAT TO DO:

- > Complete the quiz.
- > Drop the quiz in the drawing box located in _____.
- > Cross your fingers.

Name _____

Phone _____

Department _____

1. People who exercise are less likely to develop the following diseases:

_____	_____
_____	_____
_____	_____

2. What are the benefits of walking? Fill in the blanks.

You'll have a healthier body _____.

You'll have a longer life _____.

Your _____ will be stronger.

Your metabolism will _____.

Your heart will be _____.

You'll be more _____ at work.

Read the **BENEFITS OF WALKING** handout for the answers to the quiz.

Beat the Summer Heat

Walking is good, but exercising in the heat of the summer sun can be uncomfortable and dangerous. Heatstroke and other health risks are common.

KNOW THE SYMPTOMS OF HEAT-RELATED PROBLEMS

1. Heat cramps: Muscle cramps, twitching, spasms.
2. Heat exhaustion: Headaches, dizziness, weakness, goose bumps, shortness of breath.
3. Heatstroke: All of the above plus disorientation, confusion, or loss of consciousness. If you or someone you know develops heatstroke, call for emergency help immediately. Move the victim into shade or air conditioning, and pour water over them.

KEEP COOL ON HOT-WEATHER WALKS

The following tips come from the Mayo Clinic and the Road Runners Club of America Sports Committee:

- > **Take it slow.** A body used to walking in 60-degrees needs time to adjust to 85-degree weather. Take it easy when the temperature first begins to heat up, then gradually increase your exercise time.
- > **Exercise where it's cooler.** In the heat of the day, head for the shade, workout inside, or hit the pool.
- > **Be especially careful on humid days.** Your body's natural air conditioner—sweat evaporation—does not work nearly as well. If the heat index (combination of temperature and humidity) is especially high, don't risk exercising outside.
- > **Drink, drink, and drink.** Drink ten to 16 ounces of fluid 15 minutes before you start your walk. Then drink six to eight ounces every 20 to 30 minutes along your walk. Don't wait until you feel thirsty. You can tell if you are dehydrated after your walk if your pulse rate remains high and your urine is dark yellow. Your body can easily lose up to a quart of water an hour while exercising moderately in hot



weather, said William Rhoades, DO, a geriatrician at Advocate's Lutheran General Hospital in Illinois.

- > **Dress cool.** Wear light-colored, loose-fitting clothes with wicking material. Avoid plastic sweat suits.
- > **Wear sunglasses and/or a hat with a visor or flap to shade your neck.** Wear sunglasses that filter out UVA and UVB rays to protect your eyes.
- > **Wear sunscreen with SPF factor of at least 15 to prevent sunburn, skin cancer, and wrinkles.** Avoid exercising outside between 10:00 a.m. and 4:00 p.m. when the sun is most powerful.
- > **Watch for heat-related problems.** If you become dizzy, nauseated, or have dry skin or the chills, STOP and try get a drink. If you do not feel better, get medical help immediately.
- > **Check with your doctor.** If you have a heart or respiratory problem or you are on any medication, consult with your doctor about walking or running in the heat. In some cases, it may be in your best interest to exercise indoors. Also, if you have a history of heat stroke or illness, exercise with extreme caution.

Beat the Summer Heat Quiz

Complete the Walking Trivia Contest Quiz and enter to win a _____
_____ by _____

HERE IS WHAT TO DO:

- > Complete the quiz.
- > Drop the quiz in the drawing box located in _____.
- > Cross your fingers.

Name _____

Phone _____

Department _____

1. Match each problem with the description:

- | | |
|--------------------|--------------------------------------|
| A. Heat cramps | _____ Disorientation and confusion |
| B. Heat exhaustion | _____ Muscle twitching or spasms |
| C. Heatstroke | _____ Headaches, dizziness, weakness |

2. In the heat of the day, workout where it's _____ and when it's _____.

3. When it's hot, drink _____ to _____ ounces of fluid every _____ to _____ minutes along your walk.

4. Avoid exercising outside between the hours of _____ and _____.

Read the **BEAT THE SUMMER HEAT** handout for the answers to the quiz.

Don't Hibernate for the Winter!

Walking can help you beat the winter blahs and enjoy the season. Try these winter walking suggestions:



WARM UP YOUR WALKING ROUTE

1. Start your walk into the wind so you will finish with it at your back.
2. Select routes sheltered from the wind where possible.
3. Select routes cleared of snow or ice with no standing puddles or mud slicks.
4. Use caution when walking on roads; cars may have more difficulty seeing you in rain or snow and maneuvering around you.
5. Check the local tracks (e.g., at high schools, recreation centers,) to see if they may be a good outdoor or indoor alternative to the sidewalks or streets in poor weather.
6. Plan for rest stops along the way. Is there a store or another place you can warm up during your walk?
7. Consider mall walking as a cold-weather alternative.
8. Consider treadmill walking.
9. Have a well-equipped backpack that includes tissues, lip protection, a fold-up poncho, sunscreen, sunglasses, and water.

DRESS IN LAYERS

- > **Layer 1:** Your base layer should keep sweat away from your body to keep your skin dry. Avoid cotton. Thermal is great.

- > **Layer 2:** Wear long underwear or tights underneath another pair of pants. Avoid cotton and denim.
- > **Layer 3:** Wear an insulating layer to keep you warm. This layer can be shed once you warm up. Choose wool, fleece, pile, or down in a jacket, shirt, or vest.
- > **Layer 4:** Add a loose-fitting windproof and water-resistant jacket to protect you from the elements.

ADD THE EXTRAS

- > **Hat:** A polar fleece hat with ear coverings is a great way to keep heat from escaping, shed the rain, and protect you from snow.
- > **Ear band:** If your ears get cold, ear bands are
- > **Gloves/mittens:** Mittens will keep your hands the warmest as the fingers work together to build-up warmth. Look for windproof mittens.
- > **Water bottle:** You need water in winter as much as in the summer.
- > **Scarf, neck gaiter, and ski mask:** Use a scarf or similar item to wrap around your neck. If the wind turns brutal, these things can save your walking comfort.
- > **Sunscreen and lip protector:** The earth is closer to the sun from December to February, so protect your skin.
- > **Umbrella:** This is important to protect you from the hard rain. A small one to carry in your pocket works great.
- > **Feet:** Wear waterproof shoes or boots. Buy shoes that are waterproof or waterproof your own.
- > **Traction:** Don't wear slick-soled shoes if there will be wet or snowy pavement.
- > **Socks:** Switch to heavier socks or wear two pairs for insulation. Test your socks with your chosen shoes to make sure there is still room for your toes to wiggle.

Don't Hibernate for the Winter Quiz

Complete the Walking Trivia Contest Quiz and enter to win a _____
_____ by _____

HERE IS WHAT TO DO:

- > Complete the quiz.
- > Drop the quiz in the drawing box located in _____.
- > Cross your fingers.

Name _____

Phone _____

Department _____

1. Select routes sheltered from the _____ where possible.
2. Select routes cleared of _____ or _____ with no standing puddles or mud slicks.
3. Use _____ when walking on roads.
4. Plan for _____ stops along the way.
5. Dress in _____.
6. Wear _____ shoes or boots.
7. Don't wear _____-soled shoes if the pavement will be wet or snowy.

Read the **DON'T HIBERNATE FOR THE WINTER!** handout for the answers to the quiz.

Benefits of Walking

WALKING GUIDELINES ANSWERS

1. b. 3,000 to 5,000
2. c. 6,000
3. c. 10,000
4. a. 4,000 to 6,000

WALKING WORKOUTS THAT WORK

1. Five
2. 45 to 60
3. Their maximum heart rate (MHR) listed
4. Their lower-limit heart rate listed
5. What steps are included in an optimal walking program:
 - > Stretch
 - > Warm-up
 - > Walking/aerobic session
 - > Cool down
 - > Stretch
 - > Strengthening exercise

HOW TO WALK FOR WEIGHT CONTROL ANSWERS

1. b. 3,500 calories
2. c. Body Mass Index
3. b. Most days of the week
4. a. 87

TREADMILL TREKS ANSWERS

1. True
2. False
3. One to two
4. TV, circuit, eating

BENEFITS OF WALKING ANSWERS

1. Coronary artery disease, diabetes, cancer, osteoporosis, arthritis, depression
2. Composition
 - Expectancy
 - Bones
 - Improve
 - Stronger
 - Energy, stress

BEAT THE SUMMER HEAT ANSWERS

1. C, A, B
2. Cooler, cooler
3. Six to eight
 - 20 to 30 minutes
4. 10:00 a.m. and 3:00 p.m.

DON'T HIBERNATE FOR THE WINTER ANSWERS

1. Wind
2. Snow or ice
3. Caution
4. Rest
5. Layers
6. Waterproof
7. Slick

Program Evaluation

Program Name _____

Program Start Date _____ / _____ / _____ **Finish Date** _____ / _____ / _____

Number of people who participated in the program _____

INCENTIVES

Did you use incentives? _____ Why or why not? _____

What incentives were used? _____

PROMOTION STRATEGIES

What did you use to promote this program?

- ☐ Posters
- ☐ Company newsletter
- ☐ Email/texts
- ☐ Bulletin boards
- ☐ Other _____

What promotion strategies worked? _____

What didn't work? _____

PROGRAM MATERIALS

What program materials did you use?

- ☐ Flyer
- ☐ Walking Log
- ☐ Quizzes
- ☐ Other _____

What aspects of the program were successful? _____

What aspects of the program, if any, will you change for next year? _____

Help us improve our program by emailing a copy of this evaluation to us at **health.management@imail.org**.

Participant Evaluation

Please take a few moments to evaluate the Walk-a-Day program. Your feedback will help us continue to make the program successful.

PLEASE CIRCLE THE NUMBER THAT BEST REPRESENTS YOUR OPINION:

1 - Not valuable 2 - Somewhat valuable 3 - Very valuable 4 - Extremely valuable

Overall Walk-a-Day program	1	2	3	4
Educational posters/flyers	1	2	3	4
Walk-a-Day quizzes	1	2	3	4
Walk-a-Day program and motivation to walk at work	1	2	3	4
Prize incentives and motivation to walk at work	1	2	3	4
Did you enjoy the Walk-a-Day program?	<input type="checkbox"/> Yes	<input type="checkbox"/> No		
Did you increase your physical activity?	<input type="checkbox"/> Yes	<input type="checkbox"/> No		
Would you participate in this program again next year?	<input type="checkbox"/> Yes	<input type="checkbox"/> No		

If not, why? _____

What was your number one motivation to participate in the Walk-a-Day program?

- ☐ Prizes
- ☐ To increase your daily physical activity
- ☐ Fun
- ☐ Other _____

If you could change one thing about the Walk-a-Day program to make it better, what would you change?

Any additional comments or suggestions? _____

