

Week 5: Walk to Wellness

Finding the Joy of Movement

The physical activity goal for this program is 150 minutes, or 2 1/2 hours, each week. You can do the activity in several ways (for example, 30 minutes for five days) or however else you want to do it!

The important thing to remember is that you will work up to 150 minutes a week. It's a goal. We will start with where you are, and we will increase your activity level slowly, steadily, and safely. Begin to think in terms of **Movement** not **Exercise**.

Quick Fact

1 mile of brisk walking (15–20 minutes) = about 100 calories

Brisk is defined as being able to talk while you walk but not sing.

To lose:	Tip the balance by this number:
1 pound per week	3,500 fewer calories per week (or 500 fewer each day)
1 ½ pounds per week	5,250 fewer calories per week (or 750 fewer each day)
2 pounds per week	7,000 fewer calories per week (or 1,000 fewer each day)

The Importance of Being Active



Being physically active has many benefits. It helps improve our general well-being by keeping weight off, improving our mood, increasing our energy and ability to get around, and reducing stress. It also improves muscle tone and helps us sleep better. Physical activity makes our heart, lungs, and bones stronger, and it may reduce back pain and injuries.

Being physically active also helps lower our risk for heart disease and some kinds of cancer. It can lower blood pressure and may help prevent type 2 diabetes. Physical activity helps us in many ways.

Getting Started

Each of us is different, and we will start being active at different levels. Our current activity level does not matter. We will begin **slowly**.

Keeping track of physical activity can be fun and enlightening. Whether you use an on-line tracker, movement device or paper and pencil, tracking offers motivation and insight to your own behavior.

Finding the Time

Time is something we never seem to have enough of. You can find time to be more physically active. If you struggle with finding the time, you may be surprised at the simple ways that you can include physical activity in your day.

Choosing an Active Lifestyle

Having an active lifestyle means making choices to move instead of to sit. For example, an active choice is to take the stairs instead of the elevator. An example of a not-so-active choice is to park your car as close to the entrance as you can. An active choice would be to park far away and walk to the entrance.

Make it Work for You!

Being active doesn't have to mean trips to the gym or walking for a long time on a treadmill. You can be active anywhere. The place is not important. What is important is finding the time to be active and being active regularly throughout the day.

You Can Find the Time!

We all have busy lives. It seems we have little time for physical activity. But we can find the time. Here are tips on how to make time to be active. **Every day set aside one block of time to be active.**

- Decide on a good time to set aside 20 to 30 minutes to do an activity you enjoy.
 - If one block of time will not work, think about trying smaller blocks of time:
 - ✓ 10 minutes three times a day
 - ✓ 15 minutes twice a day