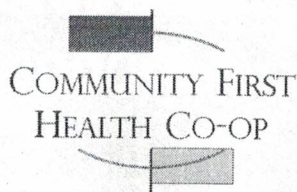


How many steps have you done today?

Every step counts.



Challenge yourself, family, friends, and workmates to the 10,000 Steps program.



Healthier.

Happier.

www.healthco-op.ca www.10000steps.org.au



How Much Exercise Should I Do?

The national Activity Guidelines for Canadians offer guidance and options for moderate-intensity physical activity. They refer to the minimum levels of activity required for good physical health.

The Canadian National Guidelines recommend that you think of movement as an opportunity, not an inconvenience, and be active in as many ways as you can.

For Older Adults- 65 Years and Older and Adults 18-64 Years

At least 30 minutes of moderate to vigorous physical activity most days (5) of the week. This can be done in bouts of 10 minutes.

For Children and Youth Aged 5-17

A minimum of 60 minutes (and up to several hours) of moderate to vigorous physical activity each day is recommended.

For Toddlers and Preschoolers Aged 1-4 Years

A minimum of 180 minutes a day spent in a variety of physical activities intensity, including 60 minutes of energetic play- more is better- each day is recommended.

If you can, also enjoy some extra regular vigorous exercise for health and fitness, 3-4 days a week for 30 minutes or more.

Moderate-intensity activities:

Increase your heart rate but don't make you puff, including:

Brisk Walking
Medium-paced Cycling
Medium-paced Swimming
Gardening
Playing golf

Vigorous-intensity exercise:

Makes you 'huff and puff' including:

Speed Walking
Jogging
Fast Cycling
Football/Netball
Aerobics/Circuit Training

Why Walk?

Walking is a fun, free and easy way of improving your health and fitness. You should find the level that suits you and walk at a moderate intensity. You should still be able to talk or whistle comfortably as you walk.

Using a pedometer (peh-dom-i-ter) is a great way to keep track of your progress and set goals. A pedometer is a step counter that clips to your waistband and records the number of steps you take.

What is the 10,000 Steps program?

For Healthy Adults:

10,000 Steps is the recommended total daily step goal

10,000 Steps is a **FREE** online program that encourages you to use a step-counting pedometer to track your activity levels across the **WHOLE** day.

With advances in technology and our workplaces becoming more inactive, it sometimes is an effort to make more active choices. Using a motivational tool such as a pedometer may help to motivate you, reminding you how many, or how little steps you have done for the day.

Depending on the number of steps you reach with your normal daily activities, you will need to work out how many extra steps you need to take to reach 10,000. Walking for 30 minutes will give you on average 3000 steps.


To join the 10,000 program go to www.10000steps.org.au



If you do other physical activities such as cycling or rowing these can also be counted toward your 10,000 steps goal using the following conversion:

10 minutes of moderate-intensity activity = 1,000 steps

10 minutes of vigorous-intensity activity = 2,000 steps



How to Start the 10,000 Steps program

Step 1. CHECK if you have a pre-existing medical condition, or if you have not been active for a while, it is recommended that you see your doctor before starting any physical activity.

Step 2. BORROW a pedometer from the Nelson Library- like you have done, and at the Nelson & District Community Complex while you collect steps. Check out your cell phone to see if it is already tracking your steps or how it might with a free app. Many folks have been receiving step tracking devices as gifts from friends or family. Check in with friends and family to see if they have a step counting device that they are no longer using- many now have cell phones, and or have purchased Fitbits or other step counting devices. Keep your eyes and ears open for promotions offering free pedometers- i.e. Heart and Stroke Foundation

Step 3. SIGN UP for the FREE 10,000 Step program at www.10000steps.org.au or plan to use a calendar to keep track of your progress.

Step 4. MEASURE your baseline steps- at home, in your neighbourhood, indoors at the mall, or NDCC. Your baseline steps are the number of steps that you are currently doing before you begin your program.

Step 5. SET realistic goals as you aim to build more activity into your daily life. This will depend on your physical ability. 10,000 steps may not be a realistic goal for groups such as the elderly. Aim to increase your number of steps slowly by no more than 1,000 to 2,000 per week. Increasing your steps too quickly may result in an injury.

Step 6. RECORD the number of steps you are walking each day. Put your record in a place you see every day to keep yourself motivated- also works well for bragging rights to inspire your friends and family to take on the challenge.

Step 7. HAVE FUN! FEEL GREAT!



Benefits of Regular Physical Activity

- Live Longer
- Lower Risk of heart disease, stroke and high blood pressure.
- Lower the risk of developing type II diabetes and some cancers.
- Manage your diabetes.
- Control your weight.
- Have a healthier blood cholesterol level.
- Help build and maintain health bones, muscles and joints while reducing the risk of injury and osteoporosis.
- Lower stress, increase energy, concentration and self-confidence.
- Feel more relaxed and sleep better.

For best results, physical activity should be combined with an ongoing pattern of healthy eating. For recommendations and guidelines check out Community First Health Co-op's Community Health Resource and Education Room at 518 Lake Street for hard copies or visit Canadian Physical Activity Guidelines at: www.csep.ca/en/guidelines/get-the-guidelines and Canada's Food Guide at: www.canada.ca/en/health-canada/services/canada-food-guides.ca

Be SunSmart!

- Walk during cooler times of the day and avoid being outside between 10 am and 3 pm, especially in summer.
- Stay in the shade whenever possible.
- Wear clothes that cover as much skin as possible.
- Wear a broad-brimmed hat and sunglasses.
- Use a broad-spectrum sunscreen with a SPF30+ and reapply every two hours or after swimming or sweating



Safety Tips for Walking

- Consult with your doctor before starting any physical activity if you have a chronic condition, such as heart disease or diabetes, also if you have not been active for a while.
- Warm up, gently stretch and cool down to prevent muscle soreness and injuries. An introduction to stretching coming up on next page.
- Slow down if you feel breathless or uncomfortable. If you have chest discomfort, palpitations or pain while walking, stop immediately and seek medical advice.
- Take a water bottle with you and drink water before, during and after your walk.
- Be SunSmart
- To improve safety, walk with others or in areas where are other people.
- Let someone know where you are going and when you should be back.
- If walking with child, it is recommended that adults hold hands with children under 10 years old when crossing roads.
- Take a mobile phone or know locations of public telephones in case of an emergency.
- Wear light coloured clothing when walking during twilight to ensure fellow walkers, drivers and cyclists can see you clearly.
- Choose well-fitting shoes with appropriate shock absorption. See a podiatrist if you develop any foot problems.
- When walking in the forest, take a small first aid kit. First aid courses can also help build your confidence when faced with emergencies.



Stretching Safely

You should stretch before you walk, once your muscles are warm and after you walk to decrease your risk of injury.

Why Stretch?

- Increases flexibility
- Reduces muscle tension and relaxes the body
- Increases body awareness and prepares you for activity
- Promotes circulation and assists with coordination

Tips for Stretching

- Only stretch to a feeling of tension but never pain
- Stretch slowly and gently
- Do not hold your breath when stretching
- Hold each stretch for 10-20 seconds
- Entire stretching session should last 15 to 20 minutes
- Stretch each muscle group 2-3 times
- Do not bounce or stretch rapidly

The following stretches are intended as an introduction to stretching, for more information check in with the walking team at NDCC.

Stretching Safely

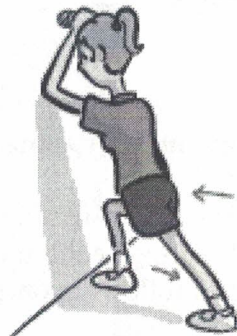


Quadriceps Stretch

Hold onto something for support with one hand, grab your ankle with the other hand, pull ankle towards your bottom.

Hip Flexor Stretch

Keep back straight, tuck bottom under, lunge forward on front leg.

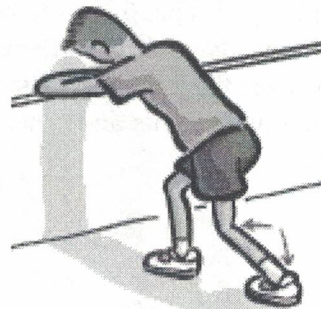



Gastrocnemius Stretch

Keep knee straight and heel down, feet facing forward.

Soleus Stretch

Knee bent over rear foot, feet facing forward.





Walking can be Fun!

Try these tips to increase your physical activity

- Walk when you can, instead of using the car.
- Park your car further away from your destination and walk the rest of the way.
- Take the stairs instead of the lift or escalator.
- Walk or cycle instead of driving to the local shop to buy the newspaper or milk.
- Organise with a workmate to go for a walk during your lunch break or before or after work.
- Try taking public transport to work and leave the car at home. If it isn't a 10 minute walk to either home or work – get off the bus or train one stop earlier and walk. Or park your car 10 - 15 minutes away.
- At home, try to limit TV and computer time to less than two hours a day.
- Organise for your family to go on active outings such as walks to the beach and park, bike rides and bushwalks.
- Organise to do something active with friends when you catch up socially. Try a walk along the beach and finish at a café.
- Learn to do something active that you've never tried before like dancing, golf, surfing, martial arts or rock climbing.

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