



Healthy Weight Week

January 18-24, 2004

Did you make a New Year's Resolution to eat healthier, exercise more? The Surgeon General's guidelines for an exercise regimen include a minimum of 30 minutes of moderate intensity physical activity on most or all days of the week. Moderate activity can be obtained by a variety of options such as a 30 minute brisk walk, a 15 minute run or 45 minutes of playing volleyball.

One method of measuring walking activity is the 10,000 Steps program. The focus of the program is to incrementally work towards 10,000 steps through general daily activity along with planned walking sessions. Sedentary people in the USA generally move only 2,000-3,000 steps a day. 2,000 steps is approximately one mile. Studies have shown that moving 6,000 steps a day significantly reduces the risk of death. Moving 8,000-10,000 steps a day promotes weight loss. If you add 2,000 more steps a day to your regular activities you may not gain that extra pound. A Pedometer is a tool that may be used to measure steps taken throughout the day.

More than 60% of American adults are not physically active on a regular basis while 25% of all adults are not active at all. Sedentary people embarking on a physical activity program need to start with short durations of activity and gradually increase until their goal is reached. Individuals with known medical issues should consult their physician prior to beginning an activity program.

Identify activities you enjoy and will commit to. Set realistic goals, schedule an appointment with yourself to exercise & overcome excuses for not exercising. Remember to warm up before exercising and cool down after exercising.

No matter what you elect to do, make a commitment to move more.

If you would like to see how a Pedometer works contact Lonnie at extension 3744.