

Welcome to the

Healthy for Life Walking Program

It's time to get started!!



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NOTE:

It is recommended to check with your doctor prior to starting any physical activity program. If you have a chronic medical condition, we ask that you seek the advice of your primary healthcare provider prior to starting this or any other activity program. Included in this packet is a Clearance and Prescription Form that you can have your doctor sign.

--Thank you.

How does the Healthy For Life Walking Program work?

Because we know what a critical role exercise plays in cardiovascular health and weight loss, Lincoln Hospital's "Healthy For Life" program is sponsoring the "Healthy For Life Walking Program" — an ongoing opportunity to walk with others (or alone) in an exciting, goal-oriented format.

The program will provide a goal for you and your walking companions — consider it a tour. We provide the maps, tools and destination. Walk the Lewis & Clark Trail, the famous Route 66, to Mt. Rainier or tour the Hawaiian Islands. When you reach your goal, it's time to celebrate better health!

Sound like fun? Grab some friends, family or co-workers and form a team. You can walk together or separately — just track your mileage and have fun.

What tools do you need?

Walking across country is hard work and to help you reach your fitness goal, Lincoln Hospital will provide participants with a packet of information that includes...

- ◆ Map and mileage of tour (Hawaii, Mt. Rainier, The Lewis & Clark Trail, Route 66)
- ◆ Table to convert steps into miles
- ◆ Strategies for tracking miles without a pedometer
- ◆ Daily log for mileage records
- ◆ Ideas for indoor walking locations at local schools



Who can join?

Anyone! Whether you walk in a group or alone, at work or at home, you can be a part of "Healthy for Life." There are no age or location restrictions.

Ask your friends and family who want to get in shape — they don't even have to live in Lincoln County. Because it is a VIRTUAL walk, you can walk with and track miles for friends anywhere on the globe. If you want companionship when you walk, find people with similar schedules.

Where do I walk?

Anywhere. Whether you live in town or the country, you can walk! Just keep track of your steps/mileage.

As for bad weather, call your local school for indoor walking times. Gyms at many schools will be open in the early morning, and after class hours when gyms are busy, most schools are offering their halls as a "track" for walkers.

What does it cost?

Nothing! Nada! Zip! The "Healthy for Life Walking Program" is a free service of Lincoln Hospital & North Basin Medical Services — your "Neighbor for Life."

Walking Facts...

- Walking 3 miles per day at 3.5 mph will increase your lifespan by 7 years!
- 3.5 mph is the optimum speed for walking for fitness.
- 2,000 steps = 1 mile
- To burn off one M&M, you must walk the length of a football field
- Walking not only increases your lifespan, but improves your quality of life.
- Folks who walk at 3.5 mph 3-5 miles daily live longer than joggers and long distance runners.

To find out more about walking, purchase walking sticks or find out about walking motivation guru Robert Sweetgall, log on to www.creativewalking.com.

Where to Walk in Lincoln County

Don't let wet or cold weather discourage you! There are indoor options to get your daily exercise.

If you do see a break in the weather, bundle up and try to get outdoors. A walk on a brisk day can be very invigorating!!!



Town	Location	Times Available
Creston	CHS Gymnasium (walking and badminton) CHS Hall Walking (no gym in evenings)	6 am—8 am Gym 3 pm—6 pm Halls
Davenport	DHS Gymnasium DHS Hall Walking (no gym in evenings)	6 am—8 am HS gym 9 am—11 am HS gym 5 pm—7pm HS Halls Or call Linda Patterson 725-4021 for information
Harrington	HHS Gymnasium HHS Hall Walking (no gym in evenings)	7:30 am — 8:30 am Gym 3:15 pm — 4:40 pm Halls Or call Cindy Leonard 253-4331 for options.
Reardan	Smith Gymnasium	7:15 am-7:45 am Contact LaVerne 796-2701 ext. 121 for other possible times
Wilbur	WHS Gymnasium WHS Hall Walking (no gym in evenings)	Contact Connie Harris 647- 5602 for personal Key Card, facilities use rules and times.
Edwall	CHS High School Gym CHS Elementary Gym (no gym in evenings)	8 am — noon 8 am — 10 am Contact Marty Klein 236-2224
7-Bays	Community Center	Call Nancy Wolfrum, 725-0468 for Community Center info.
Almira	Elementary Gymnasium Elementary Halls	7 am — 8 am Contact school about evening hours in halls as gym is busy.

How do I track mileage?

There are two ways to track miles.

- **Pedometer:** If you don't already have one, just ask. The club **may** be able to provide one (we cannot be responsible to replace due to loss or breakage). Check the chart below to help you convert your steps into miles and use your map to help you log your and/or your team's progress "across country." **Remember – 2,000 steps is one mile.**
- **Your Car:** This is so easy! Get in your car and drive a one mile course from your house. Then drive a two mile loop and a three mile loop. Walk each of them and see how long they take, then, when you want to walk, choose the route that fits your timeline. 15 minute break? Walk the one mile loop. 35 minutes to spare? The two mile loop will work best.

Converting Activities To Steps

Not all activities can be measured with your step counter, but use the following conversions to estimate how your other activities would convert to steps.

Activity	Females Steps/Min of Activity	Males Steps/Min of Activity
Bicycling	150	180
Chopping Wood	126	151
Horseshoes	52	62
Skating	150	180
Skiing		
Moderate to steep	150	180
Downhill Racing	306	367
Cross Country	225	270
Snowshoeing	156	187
Swimming		
Pleasure	96	115
Freestyle: 25-50 yds /min	150	180
Butterfly: 50 yds /min	256	307
Backstroke: 25-50 yds/min	150	180
Breaststroke: 25-50 yds/min	150	180
Sidestroke: 40 yds/min	196	235
Volleyball	90	108
Waterskiing	136	163
Weightlifting	100	120
Wrestling	264	317
Yoga	50	60

Source: The Step Diet

Tips for getting started...

Shoe selection. Find shoes with these features...

- ◆ Thick, firm, flexible sole
- ◆ Lacing and breathable upper material
- ◆ Firm heel county with good arch support
- ◆ Large toe box with padding on the top

Walking Technique

- ◆ Stay upright with shoulders relaxed.
- ◆ Use smooth motion, rolling from heel to toe.



Walking for Aerobic Fitness

- ◆ Pace, NOT distance, is important.
- ◆ Walk briskly, like you're late for an appointment.
- ◆ When beginning, walk just 10 minutes, three times a week. Then as your body gets used to walking, increase time and number of days. A minimum of 30 minutes three times a week is recommended for good cardiovascular health.
- ◆ If you don't have time for a 30-minute walk each day, split it up into three 10-minute walks.

Warm up before you start. Cool down when done.

- ◆ Stretch lower leg, hamstrings, quadriceps and back.
- ◆ Breathe deeply — in through nose, out through mouth.

Be safe!

- ◆ Consult a physician before starting a walking regimen.
- ◆ Walk with a friend. If you can't, tell someone your route & the time you expect to return home.
- ◆ Drink plenty of water before, during & after walk.
- ◆ In warm weather, walk when it is coolest — early in the morning or in the evening. Wear a hat or sunscreen.
- ◆ If you wear headphones, make sure volume isn't too loud.

Don't overdo it. Listen to your body...

- ◆ Stop and rest if you experience shortness of breath, nausea, dizziness, chest pain, muscle cramps or feel light-headed.
- ◆ Wait about 2 hours after a big meal to take a long walk. Short walks (10-15 mins.) are fine. If you eat smaller meals, you can walk more often.

Don't feel like walking today? Don't give in...

Stick to it with these ideas...

- ◆ Commit to a club or friend. You won't want to let others down.
- ◆ Make walking a regular part of your daily schedule.
- ◆ Make your walk an adventure — try new routes, try out regional trails or pick up garbage along the way to brighten a dingy stretch of road or neighborhood.
- ◆ Keep track of progress in a log or calendar. Have a goal (like Hawaii!).
- ◆ Reward yourself with a fun activity when you meet your walking goals.
- ◆ If you miss a day, get right back into the groove as soon as you can. Starting back up is harder the longer you wait.
- ◆ Find what motivates you, then use it to keep going! You'll feel younger, stronger and more healthy when you make walking part of your lifestyle.

HEALTHY FOR LIFE WALKING PROGRAM

Primary Care Provider Clearance and Prescription Form (Please fill this out if you have any chronic conditions being managed by a physician)

My patient, _____ (name), has my medical clearance to participate in the Healthy for Life Walking Program.

Exercise Prescription

Begin by walking _____ minutes a day on _____ days per week, and gradually increase to _____ minutes a day on _____ or more days of the week, by _____ (date).

Precautions

Stop and rest if you experience any of these warning signs during walking. Seek immediate medical attention if any of these signs are severe or continue:

- ◆ Shortness of breath
- ◆ Chest pain
- ◆ Nausea
- ◆ Light-headed or dizzy
- ◆ Muscle cramps

Other Precautions

Signature, Primary Care Physician

Date

Step/Mileage Log Month of September

Week Date		SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
Totals for Month of September	Number of Days Walked this month								Total Miles
Totals for Month of September	Number of Days Walked this month								Total Miles

Name: _____ Phone: _____ Team Name: _____ September

Step/Mileage Log Month of October

Week Date		SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
Totals for Month of October	Number of Days Walked this month								Total Miles
Totals for Month of October	Number of Days Walked this month								Total Miles

Name: _____ Phone: _____ Team Name: _____ October

Step/Mileage Log Month of November

Week Date		SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
Totals for Month of November	Number of Days Walked this month								Total Miles
Totals for Month of November	Number of Days Walked this month								Total Miles

Name: _____ Phone: _____ Team Name: _____ November

Step/Mileage Log Month of December

Week Date		SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
Totals for Month of December	Number of Days Walked this month								Total Miles
Totals for Month of December	Number of Days Walked this month								Total Miles

Name: _____ Phone: _____ Team Name: _____ December

Step/Mileage Log Month of January

Week Date		SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
Totals for Month of January	Number of Days Walked this month								Total Miles
Totals for Month of January	Number of Days Walked this month								Total Miles

Name: _____ Phone: _____ Team Name: _____ January

Step/Mileage Log Month of February

Week Date	SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
Totals for Month of February								Total Miles
Totals for Month of February								Total Miles

Name: _____ Phone: _____ Team Name: _____ February

Step/Mileage Log Month of March

Week Date		SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
Totals for Month of March	Number of Days Walked this month								Total Miles
Totals for Month of March	Number of Days Walked this month								Total Miles

Name: _____ Phone: _____ Team Name: _____ March

Step/Mileage Log Month of April

Week Date		SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
Totals for Month of April	Number of Days Walked this month								Total Miles
Totals for Month of April	Number of Days Walked this month								Total Miles

Name: _____ Phone: _____ Team Name: _____ April

Step/Mileage Log Month of May

Week Date		SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
Totals for Month of May	Number of Days Walked this month								Total Miles
Totals for Month of May	Number of Days Walked this month								Total Miles

Name: _____ Phone: _____ Team Name: _____ May

Step/Mileage Log Month of June

Week Date	SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
Totals for Month of June								Total Miles
Totals for Month of June								Total Miles

Name: _____ Phone: _____ Team Name: _____ June

Step/Mileage Log Month of July

Week Date		SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
Totals for Month of July	Number of Days Walked this month								Total Miles
Totals for Month of July	Number of Days Walked this month								Total Miles

Name: _____ Phone: _____ Team Name: _____ July

Step/Mileage Log Month of August

Week Date		SUN	MON	TUES	WED	THURS	FRI	SAT	TOTAL
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
	----- Miles (=steps/2000)	-----	-----	-----	-----	-----	-----	-----	-----
Totals for Month of August	Number of Days Walked this month								Total Miles
Totals for Month of August	Number of Days Walked this month								Total Miles

Name: _____ Phone: _____ Team Name: _____ August