

Every little bit counts

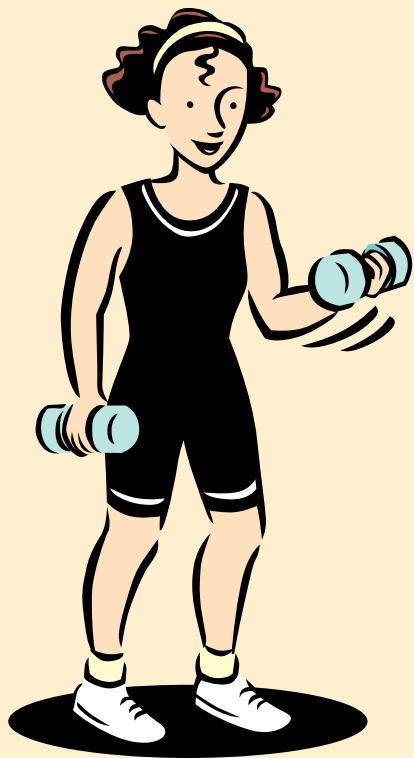
Believe it or not, getting fit doesn't take place in the gym exclusively. In fact, you may already be off to good start and not even realize it. Below is the number of calories the average person burns in 30 minutes of various activities.



THE ACTIVITY:	THE CALORIES WE BURN:
GARDENING	179
GOLF	161
HOUSE CLEANING	89
PLAYING WITH THE KIDS	143
WALKING	125
MOVING THE LAWN	198
SHOVELING SNOW	216
PLAYING SOFTBALL	180
THAI CHI	144
TENNIS	252
RECREATIONAL SWIMMING	216
ROLLERBLADING	252
BASKETBALL	286

Getting Fit... How it all shapes up

The benefits of getting fit and exercise in general, have been talked about for years. With few exceptions, we all know that we're supposed to be getting a minimum of 30 minutes of exercise 3 to 5 times a week. And, while on average we try to get to the gym 4 times a week, most of us have missed the last 1,200 times. Here's the motivation to shape up.



YOU'LL LOOK BETTER. Getting in shape includes losing unsightly body fat and improving that strongly desired muscle tone. But remember generally speaking, it's "fitness" not "fatness" that counts—not everybody's going to be a size four.

YOU'LL FEEL BETTER. Physical activity reduces stress and anxiety, helping you to relax. What's more, the increased muscle mass and cardiovascular capacity will help you feel stronger and more energized.

YOU'LL SLEEP BETTER. Getting in some physical activity can dramatically improve the quality of your sleep.

YOU'LL WORK BETTER. Being in shape has the added benefit of better concentration, focus and follow through.

YOU'LL LIVE BETTER. With less stress and reduced risk for serious health problems, you'll suffer from far less illness and disease.

Putting it all in perspective

Let's put the benefits aside for a moment. With our hectic schedules, getting fit isn't likely to happen—at least not without some serious effort. What's more, exercise is hard work. The last thing we feel like doing at the end of the day is running over to the gym. Here's the bottom line, we'd all love to get fit, but how's it gonna happen?



There is no magic solution—getting fit does take time, work, and commitment. But, it's been shown time and time again that the people who actually succeed start with a well-crafted game plan. And, even though they may fall off from time to time, they're far more likely to get back on the horse. Ultimately, the people that get and stay fit are the one's that rebound after periodic slip ups.

SHAPE UP



Getting Fit... What it takes

If you've decided to get a little more fit, congratulations—it's an important health decision that most of us should be making. To be sure, it won't happen by accident, but with a little friendly support and a well-crafted plan, you can get off to a fast and meaningful start.

In this brochure, we'll examine what it actually takes to get fit by reviewing the benefits of being fit for those of you who are still on the fence. Next, we'll talk about the importance of a game plan and how you can go about putting that plan into motion. Lastly, we'll cover some of the specifics like selecting a health club, what to wear when you work out, and what shoes would be best for you.

For More Information

American College of Sports Medicine
<http://www.acsm.org>

President's Council on Physical Fitness and Sports
<http://www.surgeongeneral.gov/ophs/pcpfs.htm>

National Strength and Conditioning Association
<http://www.humankinetics.com>

JUST FOR YOU!

HEALTH INFORMATION BROCHURE SERIES

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GETTING FIT

It's all part of the master plan



We all know the benefits of getting fit, but if we're going to actually do it, it's going to take more than knowledge—it's going to take a plan.

It's all in the planning Why planning is an important part of getting fit

- ✓ It gives your ideas credibility
- ✓ It forces you to get specific about what you're going to do and when
- ✓ It makes you go on record and holds you accountable
- ✓ It helps to identify possible pit falls and how you'll avoid them
- ✓ It allows you to set priorities
- ✓ It forces you to be realistic
- ✓ It allows you to track your success
- ✓ It reminds you why you're doing it when times get tough



Crafting the Plan

You can use the following chart to help you begin the planning process. The questions are designed to get you thinking about what your motivation is to get fit, how exactly you will accomplish it, and who you'll depend on for help when times get tough.

My primary motivation for exercising is:

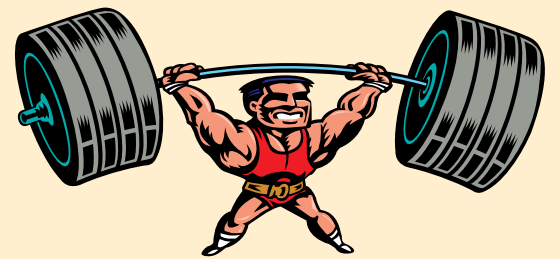
I plan to begin exercising on (month and day):

The people who will help me accomplish my goals include:

I will keep track of activities and progress by:

The steps that I need to take in order to get started are:

Things that will keep me from achieving my fitness goals include:



E-DAY

You knew it was coming, the moment of truth—putting the plan in motion. In crafting your plan you've selected a day to get started, which is all-important. Make sure you spread the word by telling your friends and family—they'll hold you accountable. In gearing up for the day, try to zero in on the details to help you identify what, if anything, may trip you up. And, when the day comes, just do it.

As you get farther along, you'll want to make sure you're keeping score in a notebook—this will help you optimize your workout. The important thing to remember is to stick with your plan through the good times and the bad. But, a word to the wise—even though you may be shooting for "slender by summer," getting fit is a marathon, not a sprint—the change is one in lifestyle that will last for years.

GETTING FIT SPECIFICS

Tips for Selecting a Health Club

The world of fitness centers is extremely diverse. From the services they provide to the prices they charge, no two clubs are alike. Fortunately, the process for choosing a club is relatively straightforward—get all the facts and join the club that's right for you. Here are some tips for making the right health club decision.

Keep it close to home. On average, people stick with an exercise program for 12 weeks and work out regularly only if the club is within 12 minutes of their home or work. It takes endurance to beat the 12-week phenomenon, but just a bit of foresight to avoid the 12-minute mistake.

Ambience is everything. It's important to find a club in which you feel comfortable. Spandex or sweat pants, crowded or isolated, just decide what's right for you.

The price is right. When it comes to price, there are several important issues. Here's what you should know:

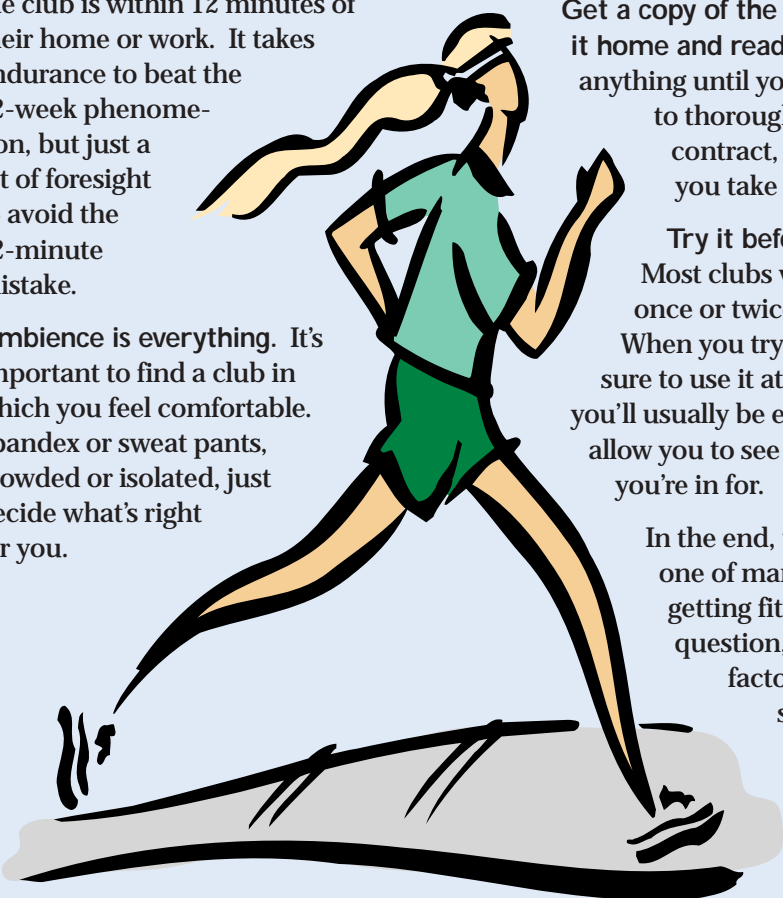
Don't be bound by "limited time" special offers—the club will usually extend or even disregard the limited time portion of the deal. Also, special offers are rarely that special—there's almost always another pitch right around the corner.

Don't allow the club to automatically debit your account—paying by check or credit card provides extra security.

Get a copy of the contract and take it home and read it—refuse to sign anything until you've had a chance to thoroughly read the contract, and if they won't let you take it home, bag 'em!

Try it before you buy it. Most clubs will let you work out once or twice without paying. When you try out a club, be sure to use it at the time you think you'll usually be exercising. This will allow you to see how large a crowd you're in for.

In the end, the decision is only one of many on the road to getting fit. But it is, without question, an important factor of whether you'll stick with your plan. Don't rush to make this decision—the right club is out there.



Don't Let Da' Feet Defeat Ya'

The average person will take one billion steps in their life and walk about 77,000 miles, landing on the bones of each foot with a force triple that of their body weight. Yes—the shoe does matter! Here's how you know "if the shoe fits."

ACTIVITY. First, you have to know what you'll be using the shoes for. Are they for aerobics, running, walking? You'll need to know before you buy.

STORE. Does the store carry a wide selection, are the staff helpful and knowledgeable, and what is their return policy?

TIME. Try footwear on at the end of the day—your feet swell as the day goes on.

FOOT TYPE. If you have high-arches, it's wise to find a shoe with more shock absorption and stability. But, for those with low-arches or "flat feet," it's usually better to find shoes with less cushioning, but greater support and heel control.

SIZE. You should generally allow 1/2 inch between the end of your longest toe and the end of the shoe. If one foot is larger than the other is, buy the larger size.

PRICE. Shoe prices can range anywhere from \$20 - \$180+, so make sure you spend the right amount based on your budget and fitness needs.