

WALK....FOR THE HEALTH OF IT!

TOWN OF CARSTAIRS

Why Walk—Join our Walk for the Health of it Challenge!

Walking is Canada's most popular physical activity because it is enjoyable and requires no special equipment or costs. You can walk where you like, inside or outside, slow or fast. A healthy lifestyle starts with the first step! Walking will give you more energy and strengthen muscles and bones. It will also reduce stress and lower your blood pressure. If you are over the age of 55, thirty minutes or more of physical activity most days of the week will provide you with a healthy lifestyle. All other adults should get sixty minutes most days of the week to maintain or improve their health.

Here in Carstairs we are lucky to have an indoor walking track at the Carstairs Arena. This provides residents with a rubber track to

walk on year round. The walking track is open during the summer from 8:30 am to 3:30 pm and winter hours (during regular season arena hours) 7:30 am to 11:00 pm.

November 5 – 9th, 2007 you can find registration forms at the display board in the arena, on-line at the Town's website, or at the Town Office. Your name will be entered to win several great prizes. Log sheets will be available for your use, and are a good way to track your progress. There is no deadline for registration you can join us at any time. WE will start logging our miles on November 12th until March 30th. Reporting days are Mondays either by Phone, (337-3341) Fax 337-3343 or email comserv@town.carstairs.ab.ca



A healthy lifestyle starts with the first step!

I will be logging the individual miles and there will be prizes awarded for who goes the furthest, and we will collectively be logging our miles to walk/jog across Canada. Keep checking the arena & Town Website for updates.

For more information contact Jeannette Austin, Director of Community Services (403)337-3341

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How to Register:

- **Fill out the attached form and drop it off or mail it to the Town Office**
- **Email comserv@town.carstairs.ab.ca and let me know you are participating**
- **Progress will be reported on the Town website www.town.carstairs.ab.ca**



Get started Safely

How to get Started

The following tips will help you start a walking program safely:

1. Wear a good pair of shoes. Wear shoes with thick flexible soles that will cushion your feet and absorb impact.
2. Gently stretch the muscles of your legs before and after walking. (Stretching before and after walking can prevent stiffness and increase your flexibility.)
3. Start Slowly (If you have been inactive, start with 10—15 minutes of walking each day.
4. Slowly increase time and distance walked. Once you have

walked 10-15 minutes each day for a few weeks you can begin walking faster, going further and walking for longer periods of time. Aim for 30-60 minutes of walking most days of the week.

5. Remember to drink water. Replacing the fluid lost during exercise is very important. Drink water before, during and after walking.

Note if you have been inactive, check with your doctor before starting a walking program.

These easy stretches will help you warm up before you start walking. Hold each stretch for 15-30 seconds. Repeat with the opposite leg.

How to warm up before walking

1. Lower Leg Stretch

- Reach your arms forward and place them against a wall
- Place your left foot forward
- Bend your left knee
- Lean toward the wall without lifting your right heel until you feel a stretch in the muscle of your lower right leg.



2. Thigh Stretch

- Place your left hand on the wall
- With your right hand reach back and grab your right ankle
- Slowly bring your right foot towards your buttock until you feel a stretch in the front of your right thigh
- A towel wrapped around your ankle can help if you have trouble reaching your ankle



3. Hamstring Stretch

- Stand with your right leg in front of you with the foot flexed
- Keep your right leg straight and support your back by placing your hands on the thigh of your left leg
- Keep your back straight and your stomach muscles tight
- Bend your left knee and slowly lower your body until you feel a stretch in the back of your right thigh.



How hard do you need to work

A mistake that is often made when starting a walking program is working too hard. A simple test, called the Talk Test, can prevent this. If you can carry on a conversation while walking, you are working hard enough. If you are breathless, or can't talk, you're working too hard.



If you can't talk you're working too hard.

What is a pedometer?

A pedometer is a device about the size of a matchbox that counts the number of steps walked. The number is displayed on a small screen.

A pedometer is worn clipped to the waistband of your clothes, halfway between your navel and the side of your body.

Pedometers can be found in sporting goods stores, the pharmacy section of

many drug stores and in department stores. A basic pedometer will cost between \$15 and \$25.

Why use a Pedometer?

A pedometer can be a fun way to become more active. By measuring your average daily steps you can set goals to increase your activity level.

Find your Average daily steps:

At the start of each day, attach the pedometer to your waistband and wear it all day. Once daily, record the number of steps. Use the attached sheet to record. Reset the pedometer to zero. At the end of seven days, add your steps for the seven days and divide the total by 7. This is your average daily steps.



A Pedometer is a device that counts the number of steps walked.

Increase your daily activity level

Increase your daily steps by setting a goal that is slightly above your average daily steps—perhaps 10%. Start slowly and gradually increase the number of steps you walk each day. Recording your daily steps on the Weekly Step Log will help you track your progress.

Once you have increased your average daily steps for a couple of weeks, set a new goal that is slightly above your new average daily steps.

Continue to increase your time and distance walked gradually until you have built up to 30-60 minutes of walking most days of the week.

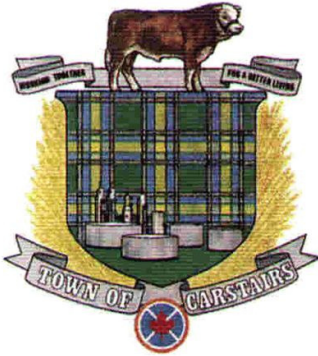


Increase your time and distance gradually.

TOWN OF CARSTAIRS

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Enter to win Prizes

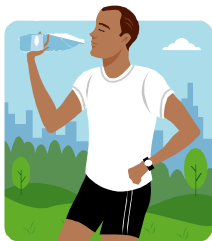
Log your mileage/steps for prizes

Wrap up in the spring!



We're on the Web
www.town.carstairs.ab.ca

Workplace Health System



Balance the "achieving self" with the "nurturing self".

difficulties and interpersonal relations, as well as with stress at home. Worksites can help employees to reduce these sources of stress by increasing their sense of control over their situation, building social support, and encouraging regular physical

Difficulty juggling home and work increases with the degree of stress in the social environment at work, particularly job

activity to help them cope with stress. Ways to achieve this include building flexibility, implementing family-responsive policies, increasing control over work, and fostering healthy coping mechanisms.

Building flexibility into programs and policies permits employees to juggle family responsibilities. Flexible work hours are related to higher organizational commitment and job satisfaction.

Explore alternative work arrangements like telecommuting, job sharing, reduced work weeks and working from home allow for

flexibility and family roles, which develops a culture that is more supportive of workers in dual-earner relationships.

If employees are involved in the decisions that affect them, it will give them a sense of empowerment and will improve their working conditions and health.

Integrating physical activity into the corporate culture through team-building exercises and fostering favorable health practices will encourage regular physical activity while building social support.