

WALK THE WALK



My journey to better health!

"Parts of the body unused & left idle become liable to disease, defective in growth & age quickly"

Hippocrates

Benefits of Walking

- Relieve stress
- Loose weight
- Tone muscle groups
- Improve cardiovascular fit-

From _____ to _____
I walked _____

Walking for 30 minutes a day will improve your health. So get up and go!

Set Your Goals: examples:

- lose weight (a. fit into a size 12), increase strength (a. do 15 push ups),
- increase endurance (a. walk 2 miles in 30 minutes),
- increase energy (a. not feel afternoon slumps),
- feel better in general

1. _____

a. _____

b. _____

2. _____

a. _____

b. _____

Notes:

Begin Date: _____

Fitness Walking Tips:

For most efficient walking pay attention to your posture and alignment. Keep body erect, chest up and out, shoulders relaxed and abdominal muscles contracted.



Little Changes Make A Big Difference!



Opt for a 10 minute trot. At work, pass up the break-time doughnut and coffee and go for a walk instead. Research has shown that walking briskly can give you a bigger energy boost than eating a sugary snack. If you're able to go outside, the fresh air and sunshine can clear out those mental cobwebs and brighten your mood. If you can't get out, cruise the hallways of your workplace or climb a flight of stairs. You'll arrive back in your work area refreshed and ready to concentrate.

Walking Fit, June 02

INCREASE YOUR DAILY STEPS!

Use a pedometer to count your steps! Just place it on your waist, wear it for three "regular" days, then figure out your average steps per day. Now make a plan to increase your steps by 25%, 50%, 75%!

It's up to you, but set achievable goals. If you take 2,000 steps on average, don't try to jump to 5,000 tomorrow. Gradually increase to 5,000 by finding ways to add steps to your day (park farther away from your office or the grocery store, walk to the mailbox instead of driving, walk to your favorite lunch spot, you get the idea!). That little gadget on your waist will help you to stay on track, just check it a few times a day! You'll be surprised!



By participation in a regular walking program, you can offset the long-term health implications of stress. Research has linked stress to a host of physical ills, from back pain and stomach upset, to high blood pressure and heart disease. *Walking Fit, June 02*

What's the Best Walking Pace?

The pace that leaves you feeling the most refreshed and ready for more!



This one step —
choosing a goal and sticking to it—changes everything.

Scott Reed



Beaverdam Park Address—8687 Roaring Springs Road

From the Roaring Springs Road entrance to the Fary's Mill Road Entrance there are 9.5 miles of trails, choose your distance or simply choose an amount of time. Say 30 minutes, walk out for 15



Main Street—Gloucester Courthouse Address— Rt 17 Business

The Main Street renovation projects have created wonderful sidewalks to walk. Distance from Southern States to St. Therese & back is 2 miles!



Ark Park Address - Number Nine Road

Walk 5 laps around the outside of the softball field fence.
Distance: 1.06 miles



Bethel Elementary School Address—2991 Hickory Fork Road

There is a 400 meter track back behind the football field. Walk 4 laps for the Olympic equivalent of a mile!



Page Middle School Address—5628 George Washington Mem Hwy

There is a 400 meter track back behind the football field. Walk 4 laps for the Olympic equivalent of a mile!



Gloucester Point Beach Park Address—1255 Greate Road

Give your walk a new twist! From the parking lot walk along the Greate Road sidewalk (until it ends at the top of the hill), turn back walk to pier entrance, turn left, walk to rip rap, turn walk back to pier continue toward the boat ramp, pass boat ramp under bridge to 2nd boat ramp, turn walk back to pier. You've done it all, flat, hill & sand. Distance 1.15 miles

**Defeat is not the worst of the failures.
Not to have tried is true failure.**

George E. Woodberry



Abingdon Park Address—7055 Powhatan Drive

Take a walk along the inside of the softball field fence, 4 laps



Woodville Plantation Park

Trails: Park under construction!!! Trails are planned throughout the park.



Home Sweet Home

Your Road

Distance: Get in your car and measure, walk one of the measured course on these pages and count your steps or walk for 30 minutes and then walk back!!!



To Increase Your Steps: Park on the far side of the parking lot when you purchase groceries, shop at the mall or eat out. Park as far away as you can at work. While talking on your cell phone, pace or take a walk. Walk whenever you can during the day, even a few steps at a time add up quickly!

Walk the Walk Tip: When you choose a walking course it is important to vary the direction that you walk. For example if you walk on the Southside of Main Street on Monday, switch to the Northside of Main Street on Tuesday. This pattern will help you to give your muscles a more complete work out.



"Bad habits are like a comfortable bed, easy to get into, but hard to get out of." Anonymous



Walking Journal

Keeping a journal helps to track your progress, injuries, great places to walk, good people to walk with, the weather, interesting sightings and the way you feel as you reach your goals.

Monday I walked _____

Tuesday I walked _____

Wednesday I walked _____

Thursday I walked _____

Friday I walked _____

Saturday I walked _____

Sunday I walked _____

This week I walked _____ (steps/distance) and I feel _____



Week Two Walking Journal

Monday I walked _____

Tuesday I walked _____

Wednesday I walked _____

Thursday I walked _____

Friday I walked _____

Saturday I walked _____

Sunday I walked _____

This week I walked _____ (steps/distance) and I feel _____

The doors we open and close
each day decide the lives we lead.

Flora Whittemore



Week Three Walking Journal

Keeping a journal helps to track your progress, injuries, great places to walk, good people to walk with, the weather, interesting sightings and the way you feel as you reach your goals.

Monday I walked _____

Tuesday I walked _____

Wednesday I walked _____

Thursday I walked _____

Friday I walked _____

Saturday I walked _____

Sunday I walked _____

This week I walked _____ (steps/distance) and I feel _____



Week Four Walking Journal

Monday I walked _____

Tuesday I walked _____

Wednesday I walked _____

Thursday I walked _____

Friday I walked _____

Saturday I walked _____

Sunday I walked _____

This week I walked _____ (steps/distance) and I feel _____



Food Journal —Breakfast

Mon	Tues	Wed	Thu	Fri	Sat	Sun

Lunch

Mon	Tues	Wed	Thu	Fri	Sat	Sun

Dinner

Mon	Tues	Wed	Thu	Fri	Sat	Sun

Snacks

Mon	Tues	Wed	Thu	Fri	Sat	Sun



Does drinking more water really help dieting? A small study says it may help you burn a few more calories each day. How many? About 50 calories per liter or quart of water. About 25 calories per water bottle-full of water. Mind you, that's only 5 M&Ms - plain, not peanut.

Why Drink More When Dieting?

- Drinking a big glass of water whenever you feel hungry and before a meal or snack fills the stomach briefly and makes you feel fuller and stop eating sooner.
- Breaking down body fat and body muscle during weight loss produces wastes that must be eliminated through the kidneys. Drinking enough water is important to keep the kidneys functioning to remove these wastes.
- Popular high-protein diets produce more waste products from digestion, let alone from breaking down stored fat. Kidney function is even more important on a high-protein diet.
- Drinking more water does not "flush fat."
- If the dieter is drinking plain water, he/she is less likely to be drinking something with calories in it.



Glasses of Water

Mon	Tues	Wed	Thu	Fri	Sat	Sun

Mon	Tues	Wed	Thu	Fri	Sat	Sun

Other beverages consumed...

Food notes for week one. _____

Resources:

Prevention Magazine—offers monthly walking articles and support. Visit their webpage at www.prevention.com

Walking—from the "about WebPages." Offers walking tips, pedometer information, etc. <http://walking.about.com/>

Walking A Step in the Right Direction—from the National Institute of Health—how do I start? Safety tips, warm up, Is it okay for me? Taking the first step... <http://www.niddk.nih.gov/health/nutrit/walking/walkingbro/walking.htm>

Pedometers USA—Visit this site to find info on pedometers (styles, colors, prices, sizes, etc) www.pedometersusa.com



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Thank you Paul and Stacie!