

WalkRun FOR FITNESS

American Printing House
for the Blind, Inc.



Lauren J. Lieberman, Ph.D. & Haley Schedlin, M.Ed.

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Walk/Run for Fitness

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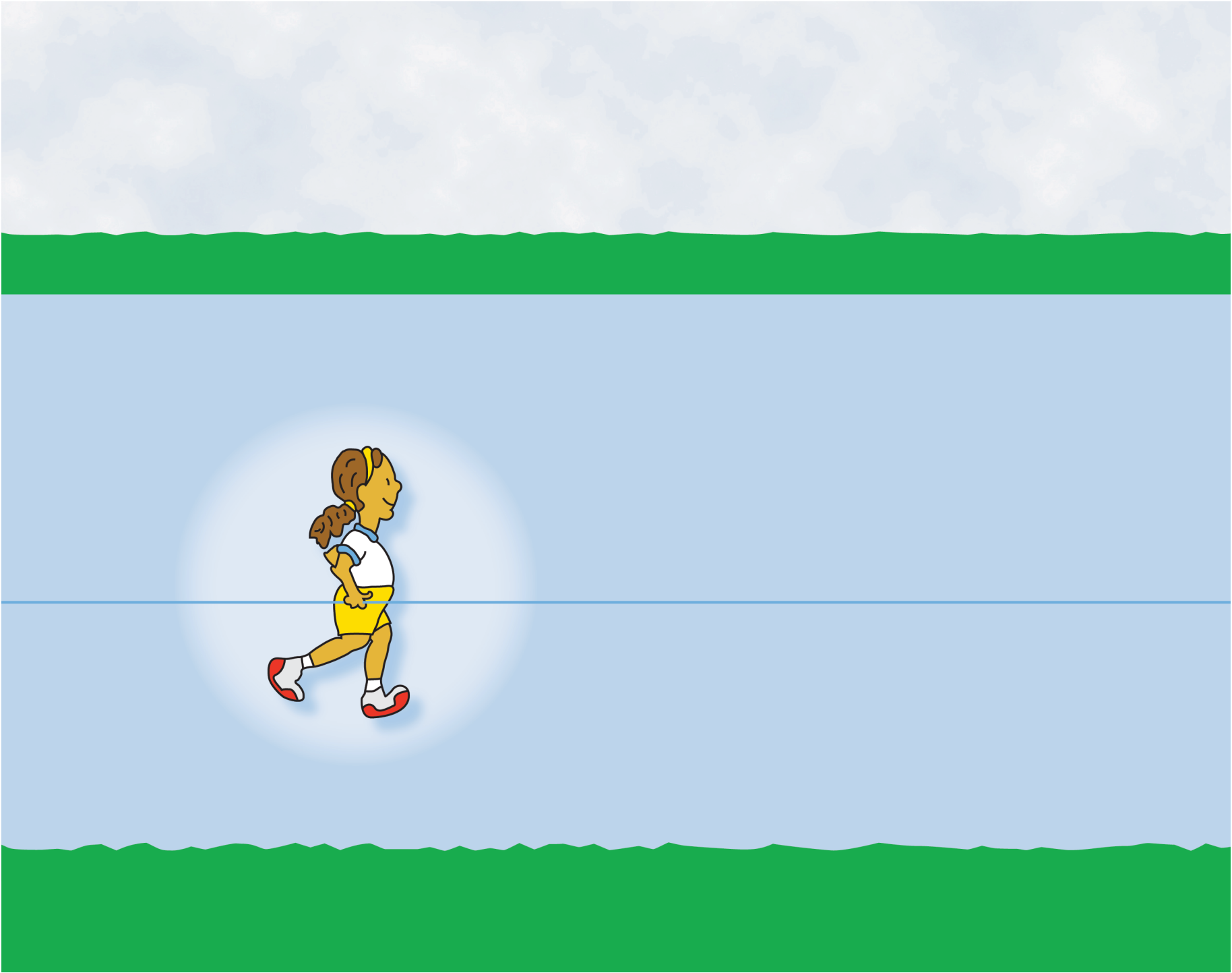
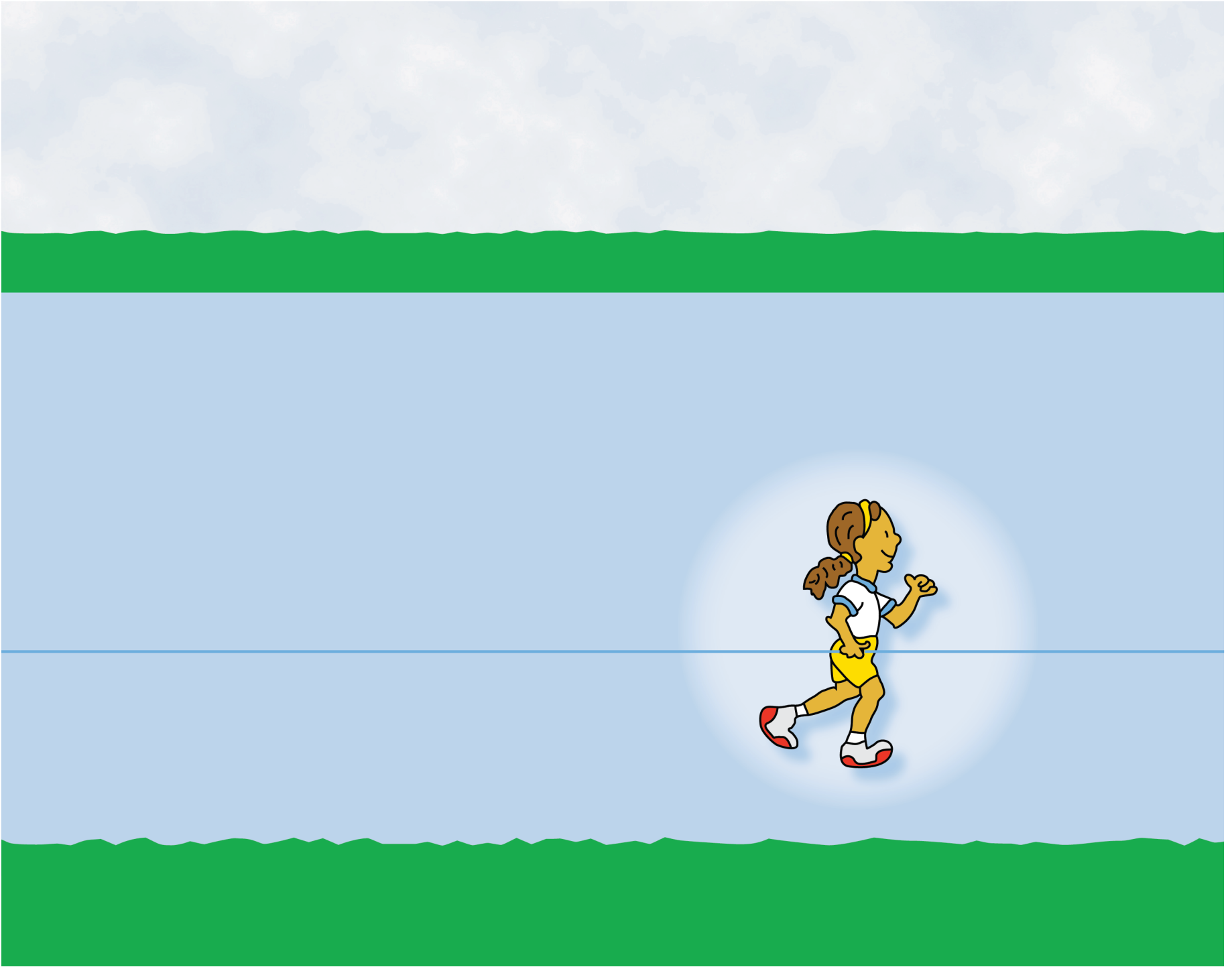


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CHAPTER 1: INTRODUCTION



1

Importance of Fitness

To be fit is the ability to be independent in your daily activities; being able to do everything you want and need without extra physical help or having to rest before finishing the task at hand. Being fit means you can keep up with your peers in everyday activities. In order to become fit or to maintain your fitness level, you need to eat right, get enough rest, and exercise daily. The U.S. Surgeon General recommends at least 30 minutes for adults and 60 minutes for children of moderate physical activity most days of the week. If you are using a talking pedometer to measure your daily activity, you need to walk from at least 12,000 steps to about 15,000 steps a day to equal the surgeon general recommendation. Visit the Web site www.surgeongeneral.gov for more guidelines and information on the recommendations.



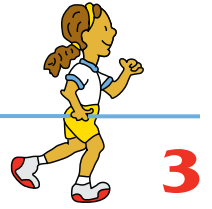
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Fitness Facts

The following fitness facts should help you understand the importance of maintaining fitness. An increased level of fitness

- decreases your chances of developing **cardiovascular diseases** and **decreases stress**,
- **increases your stamina** to better perform everyday activities (e.g., walking, stair climbing, carrying groceries, etc.),
- allows you to **participate in physical activities** with your friends (recreational), and
- makes you feel better about yourself, resulting in higher **self-esteem**.

In summary, **fitness = independence.**



Components of Fitness

There are five major components of fitness that can be measured. Focus on these areas when you exercise.

Cardiovascular endurance is the ability of the whole body, including the heart, lungs, and muscles, to sustain large muscle mass and prolonged exercise. *Example: 1-mile run*

Muscular endurance is the maintenance of repeated contractions or sustained fixed contractions. *Example: Sit-ups*

Muscular strength is the maximal force a muscle or muscle group can generate. *Example: 10-repetition maximum*

Flexibility is the range of motion in a joint. *Example: Sitting with straight legs, attempt to touch your toes with your fingers*

Body mass index (BMI) is the ratio of fat to muscle.
Formula: $\text{body weight(kg)}/\text{height}^{\text{m}2}$



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Different Ways to Access Fitness

There are many ways to access fitness, and it is important to try several different activities to determine which ones you enjoy most.

Cardiovascular endurance:

- Walking
- Running
- Biking
- Swimming
- Rollerblading
- Cross-country skiing/Snow shoeing
- Gym Equipment
 - ◆ StairMaster®
 - ◆ Elliptical trainer
 - ◆ Treadmill
 - ◆ Stationary bike

Muscular endurance:

- Lifting free weights or using circuit training with lighter weight and higher repetitions from 12-20
- Exercises not needing weights:
 - ◆ Sit-ups



- ♦ Push-ups
- ♦ Squats
- ♦ Walking/Standing lunges

Muscular Strength:

- Lifting free weights or using circuit training with heavier weights and fewer repetitions from 4-10
 - ♦ See same exercises for muscular endurance.

Flexibility:

- Stretching
- DYNA-BAND[®] exercises
- Yoga
- Pilates

Body Mass Index: *(ways to maintain or decrease body fat)*

- Substitute water for juices or soda that have a higher sugar content
- Drink low fat milk (dairy products)
- Eat less trans fat and saturated fat
- Increase exercise
- Don't smoke
- Don't drink alcohol



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Purpose

The purpose of this manual and kit is to help incorporate walking and or running as part of your fitness program. As mentioned above, walking and running can help you obtain the cardiovascular endurance you need to be fit and have a good quality of health. It may not be clear to you, your teachers, or your parents how to start and maintain this program. This manual will help you develop and maintain an accessible program to meet your needs.



Kit Contents

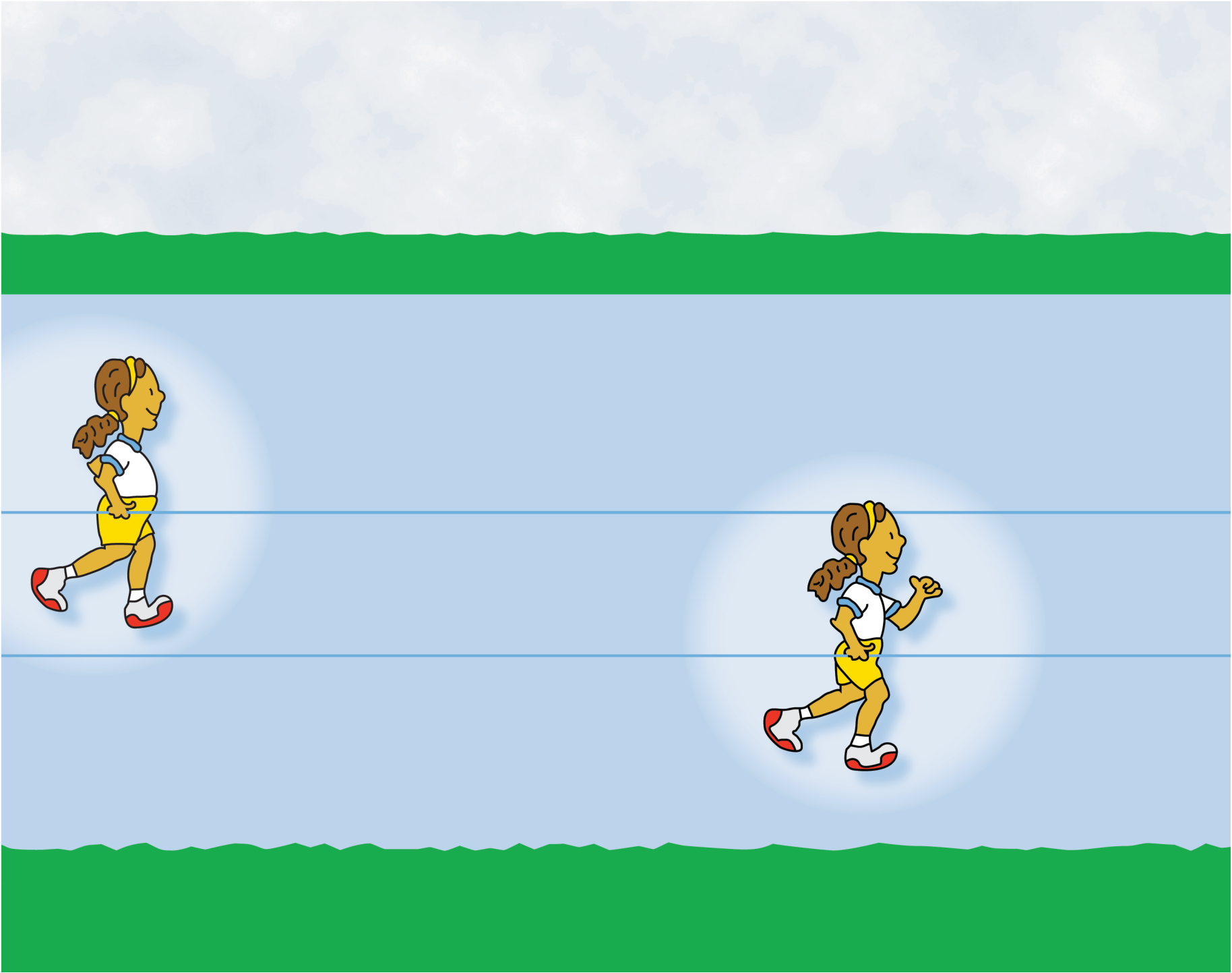
Tether – a short rope used by a guide runner to guide a runner who is blind

Guidewire system for back yard, park, or school use

- 20-meter rope (21.87 yards) with snap hooks
- One carabiner – This is a metal, oblong circular device that opens on one end. It is used to attach the looped-rope to the guidewire.
- One looped-rope – The runner holds this while running on the guidewire.
- Two eye hooks – These are like screws, but with a metal loop on the end. They are used to secure the guidewire to a wall, post, or tree.
- Two talking pedometers so you can walk or run with a family member or peer, and know how many steps you have taken.
- One guidewire caddy

Walk/Run for Fitness manual

As you read, you will learn how this material will help you in your walk or run fitness program. We hope to see you on the trails!



CHAPTER 2: WALK/RUN TECHNIQUES



Some people can walk out their front door and walk or run on the sidewalks or streets around their home, work, or school. If a person has a visual impairment significant enough to need a cane or a dog guide, he may need alternative ways to run or walk. This section focuses on the various ways to access running or walking for people who have a significant visual impairment.

Guiding Techniques that Require Assistance

Using the sighted guide technique, the runner with visual impairment or blindness holds the guide's elbow with the thumb placed laterally on the elbow; or the runner may choose to hold onto the guide's shoulder. Another option is that the pair can hold hands. If visually possible, the runner can follow a guide who is wearing a bright shirt. The sighted guide should understand guiding and communication techniques. Specific or individualized techniques can be learned by talking to the runner who has the visual impairment. Appropriate terrains for running include paved paths, sidewalks, flat dirt trails, and athletic tracks. In addition, the guide should be able to run faster than the runner who is blind so the guide does not hold back the runner.



Running with a guide has several benefits. Research shows that having a guide decreases fear (Lieberman, Butcher, & Moak, 2001). Decreased fear can help the runner develop an efficient running gait with a full arm swing. Running with a peer or guide increases socialization. Once the guide running technique is learned, it can be transferred to other individuals, allowing the runner to use it anywhere.

Tether

A tether is a short rope, a towel, or a shoelace held between the guide and the runner. If a dangerous area appears, the guide pulls the runner closer to avoid injury. A tether is provided in the Walk/Run for Fitness Kit. In addition to the advantages of running with a sighted guide,





the runner who is using a tether has some space between herself and the guide, and feels more independent than when using other guiding techniques (Lieberman, Butcher, & Moak, 2001).

Caller or auditory assistance

Using the guide as a caller is another option. In this technique the runner who is blind runs toward a voice, running free, not holding on to anything. The caller can stand at the other end of the gymnasium or track. The guide can also run behind, beside, or in front of the runner who is blind, holding a bell, keys, or using verbal instruction. This technique does not restrict the runner. He has the feeling of being independent and able to move as fast as desired without worrying about running into anything. The arm motion can be full and natural.

Guiding Techniques that Do Not Require Assistance

Guidewire

A guidewire system can be set up on a track, in a gym, or along a runner's backyard or driveway. The guidewire or rope must be pulled taut at waist height or low to the ground, and attached to an eyehook on a gym wall



or door, to short poles outside, or to any stationary, permanent structure such as a tree. A carabiner, key ring, or 4-inch PVC tube can be placed around the rope so the runner does not have to hold the rope. If a carabiner or key ring is used, a looped-rope must be attached for the runner to grip. There must be a warning indicator, such as a knot, at least 2 feet from both ends of the guidewire so the runner does not run into the wall, tree, or end poles. When running indoors, a difference in floor texture is recommended. A 20-meter guidewire, a carabiner, and a looped-rope are provided in the Walk/Run for Fitness Kit.



Using a guidewire, a person can run whenever she desires; and the running gait can be efficient with almost a full arm swing. If it is set up in a gymnasium, the runner can run in relays and perform locomotor skills independently beside sighted peers.

Circular running

A runner who does not have a sighted guide and wants to run in a small area can set up a circular running system. In this system, there is a



stake and a 20-meter rope. (Any rope length is acceptable that allows the runner to run in the space available.) The runner pulls the rope tight and runs in a circle around the stake. The runner can run for time or for distance. Distance can be recorded with a talking pedometer, or by measuring each lap. The runner can count laps by setting a radio or CD player at the starting point, so she knows each time a lap is completed. This technique requires the inner leg to support more weight. Therefore, the runner should split the amount of time running in a given direction to reduce the chance of injury.

A circular running tether is not provided in the Walk/Run for Fitness Kit. However, you can attach the guidewire to a round stake with the carabiner. If you are unopposed to using a circular dog tether, one can be purchased inexpensively at most pet supply stores. Only the runner can make the decision to use this device.

Running with no assistance on a track

A runner with low vision can run on a dark colored track that is painted with bright lane lines. This technique works best when the track is not crowded, and adults should monitor students who are running unassisted to ensure that they do so safely. The person can run independently



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or side-by-side with a friend, using a full arm swing and potentially an efficient biomechanical gait.

Running on a treadmill

Treadmills are common and accessible to individuals with visual impairments. For safety, individuals with visual impairments, blindness, or deafblindness should use treadmills with handrails. The runner need not hold on to the handrails, but the rails ensure the participant knows when he has moved too far to the right or left. Participants should start out slowly to get a feel for the motion.

Treadmills are found in gyms and fitness centers around the country. Using a treadmill, individuals, including small children, can run independently. Runners can run with a full arm swing and keep a record of speed and distance. Children can learn age-appropriate and functional skills enabling them to make a commitment to an active lifestyle (Lieberman, 2005).

CHAPTER 3: HOW TO USE THIS WALK/RUN KIT



The purpose of this kit is to assist you in being able to participate in a consistent walking or running fitness program. There are four steps to this initial process.

Step 1: *Become familiar with the talking pedometer.*

There are two talking pedometers included in the Walk/Run for Fitness Kit. The talking pedometer can count steps taken, distance traveled, and calories burned in a day or in a work-out. It is important to calibrate the pedometer to your step length so it measures your steps accurately. The directions in the package will inform you how to calibrate your pedometer. Make sure you practice with your pedometer before starting your fitness program to ensure accuracy. Additional talking pedometers can be found at local sport stores, and on the Internet. In addition to the talking pedometer, you may want to wear a heart rate monitor. See chapter 4.

Step 2: *Determine your preferred guiding technique.*

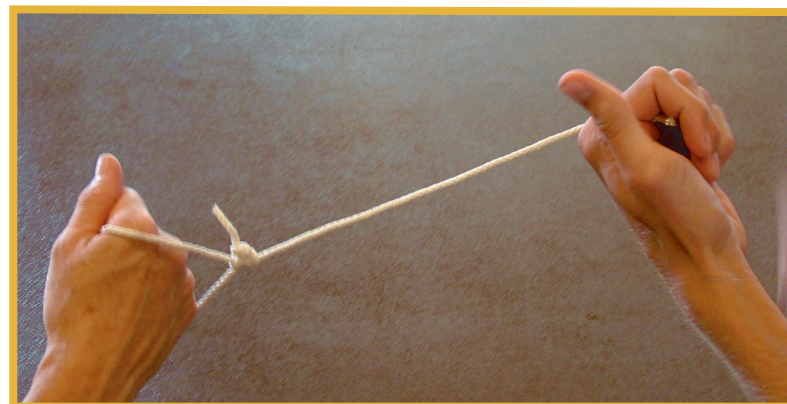
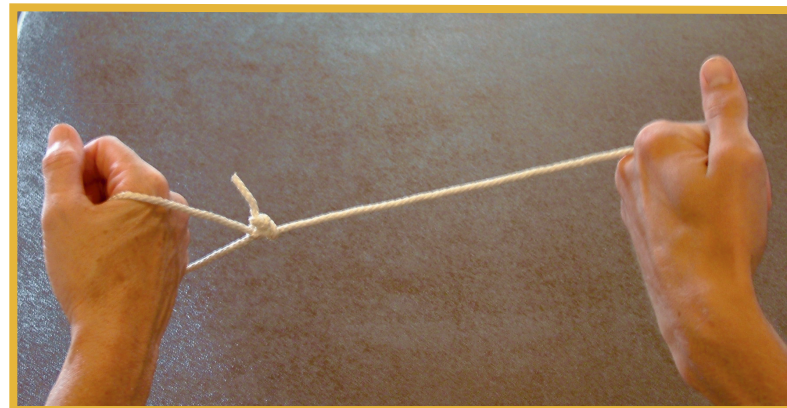
Whether you are walking or running you need to find the technique with which you are most comfortable. If you need a sighted guide when you walk or run, review chapter 2, Walk/Run Techniques. If you don't need a sighted guide for walking or running, you can just use the talking pedometers and the Walk/Run for Fitness manual to guide you in your



fitness program. As mentioned before, there are several ways to walk or run with a sighted guide. The following descriptions are how you would use each piece of equipment contained in the Walk/Run for Fitness Kit.

Using the APH Tether

The tether is a short rope with a knot on one end and a loop on the other. The sighted guide should hold the knotted end of the tether with the knot between the forefinger and the middle finger, with the knot on the inside of the palm. The runner who has the visual impairment should place the looped end around the hand and hold it loosely. For safety reasons, do not place the loop around the wrist. If either runner trips and falls, the sighted guide can quickly release the knot between his fingers, preventing both runners from falling. The tether in the kit is long enough for wheelchair





users. You may want to cut the tether by 1-foot and burn the end to prevent unraveling.

The sighted guide can give the runner directional instructions by small movements of his hands. If the guide is running on the right side of the runner, holding the tether between his left forefinger and middle finger, he slightly turns his hand (with a twist of the wrist) right and down to direct the runner to run towards the right. The guide turns his hand (with a twist of the wrist) to the left and upward to direct the runner to run to the left. These movements become very subtle with practice. A running duo can run long distances without talking, reserving their energy for the run.

To find a sighted guide you could recruit a friend, a track team member, sibling, parent, neighbor, or a person in a local running club. It is important to communicate with the guide your needs and goals in regards to walking or running before you begin your fitness program. For example, *Jason prefers his guide to run on his right because he has some vision in his right eye.* Contact your park system for information on local running clubs.



Using the APH Guidewire

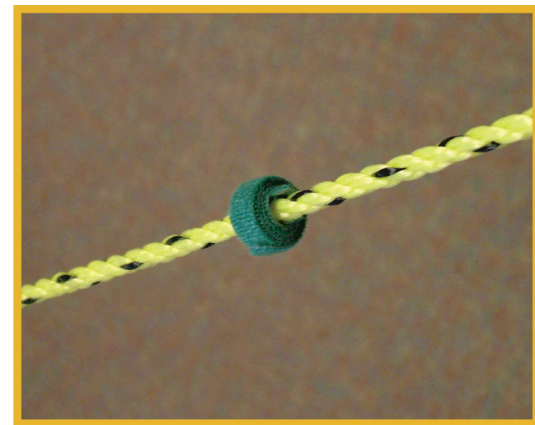
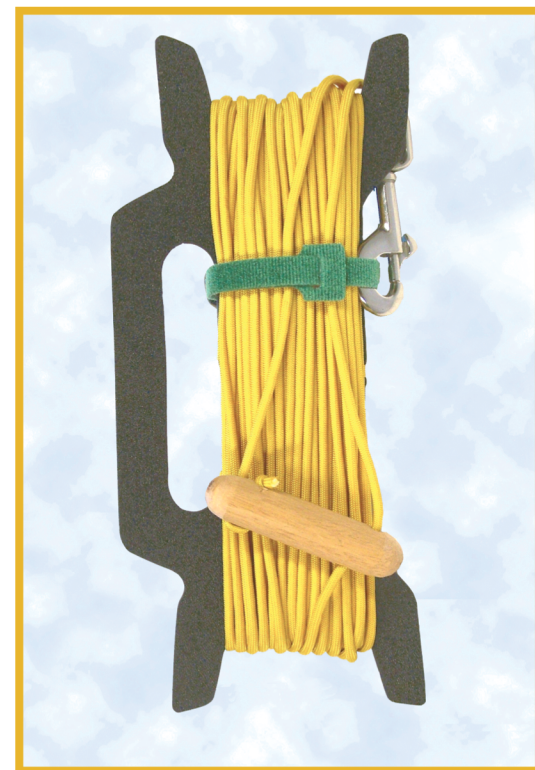
Using the 20-meter guidewire in the kit involves using the looped-rope, the carabiner, and possibly the two eye hooks. The guidewire helps the walker or runner to travel safely in a straight line, unassisted by a sighted guide. To set up a guidewire you must be able to anchor the rope to two secure places 15 to 20 meters apart. Examples of this could be; (1) the walls of a gymnasium (2) the fences of a track (3) two posts set up next to your driveway and (4) two trees at a park. You must tie each end of the rope to either a fence, a doorknob, or use the eye screws provided in the kit. The two eye screws can be screwed into two trees. Do not tie the rope around a tree's trunk. This will damage the tree's bark, leaving it susceptible to disease and insect infestation.

The ropes should be pulled very tightly to ensure there is no slack. Place the carabiner around the guidewire then put the looped-rope inside the carabiner; it will be your handle so you don't burn your hands on the rope. Tape or tie a knot in the



rope 2 to 5 feet from the end of the guidewire so you know when you are coming to the end and should slow down. The guidewire provided in your kit has a taut-tie that you can use to loosen or tighten the guidewire. You can use the taut-tie as one of your warning indicators that the guidewire is about to end. The other end of your guidewire has a Velcro® strap that is used for wrapping around the guidewire to prevent it from getting tangled when it is coiled and stored in your backpack. You can also position the Velcro strap where you need as the warning indicator for that side, and wrap it around itself. Using these two indicators eliminates the need to tie knots in your guidewire.

Where you put the guidewire will be determined by when you have time to walk or run, and the willingness of family, friends, and park systems to accommodate the guidewire system. The guidewire is a portable device that is easily



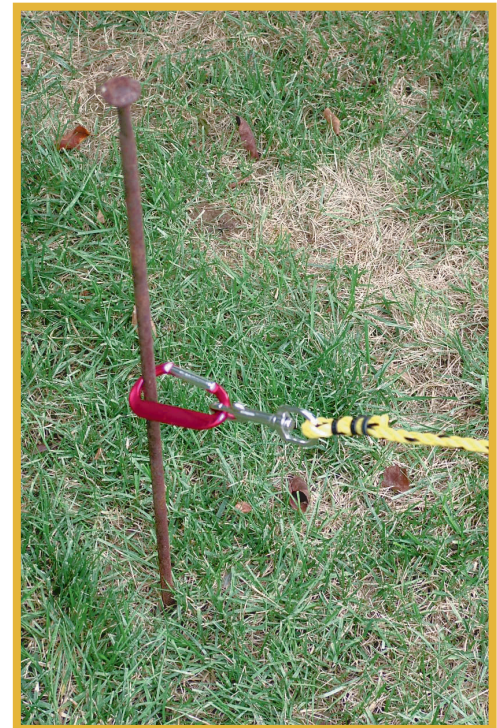


transferred from one venue to another, giving you the opportunity to walk or run in multiple environmental settings.

Creating a circular guidewire.

The guidewire can also be used with circular running. Place a stake with a rounded shaft (not provided in the kit) in a central area with approximately 20 meters of clear space. Attach the rope to the stake by clipping the carabiner on to the stake and then attaching one of the guidewire's snap hooks to the carabiner. Pull the rope tight and run in a circle for distance or time. It is recommended that you place a radio or metronome where you started, so you know where to end and you can count number of laps.

Step 3: *Access your area for walking or running.* If you live in a place with a long driveway or a big yard, you can use your guidewire system at home. If you need to use a track or a park, it would be beneficial to contact your local Department of

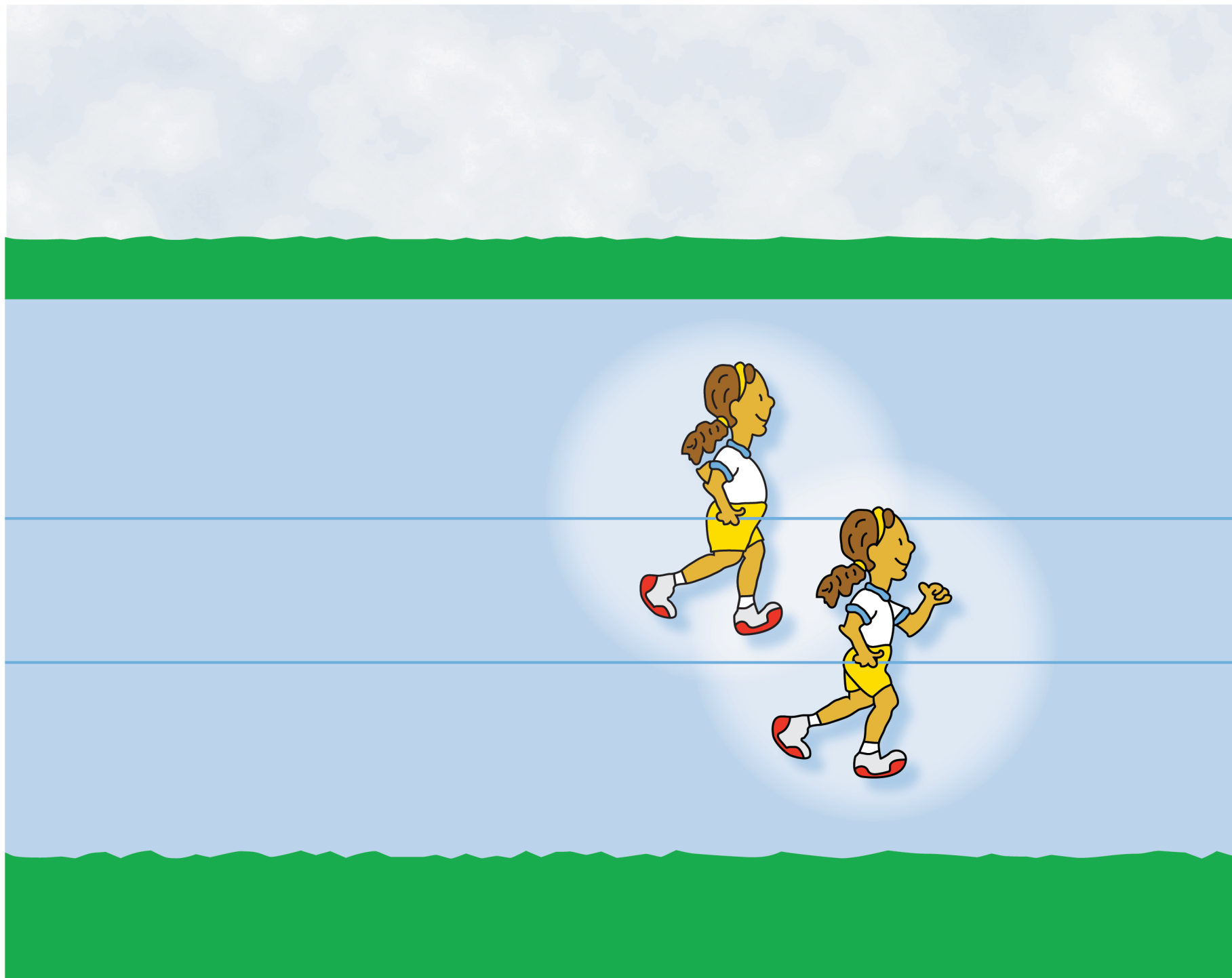




Environmental Conservation or state or local park office for permission to set up your guidewire. Best case scenario—they would set up a permanent guidewire for the community to use at your local parks. If you have a track nearby, you could contact the school or university facilities ground manager to receive permission to set up your guidewire system. This is a good opportunity for you to advocate for yourself and others who are visually impaired to obtain equal access to local facilities.

Step 4: *Use the Walk/Run for Fitness manual to help set up goals.*

The purpose of the manual is to educate you about walking and running techniques as well as the use of talking pedometers to document your progress and achievements. The goal is to ensure that you have an active and fulfilling quality of life.



CHAPTER 4: FITNESS PROGRAM



The information in this chapter will assist you to set up a fitness program that meets your needs. Keep in mind that proper running attire and shoes are key to enjoying yourself and preventing injury. Always wear sneakers that have shock absorbing pads in the heels and rubber soles. In warm weather, wear loose fitting clothes such as shorts and a t-shirt. In cold weather, dress in layers; the layer on your body should wick away moisture. Polypropylene and Coolmax® wick moisture very well. Visit your local outdoor or running store for clothing and shoes; shopping online is another option.

Measuring your heart rate

How to find your pulse

Place your second and third finger on your radial-ulna artery (on the soft side of your wrist) and apply slight pressure to feel your pulse. You may need to move your fingers around until you are able to find your pulse. Once you have found your pulse, count each beat you feel for the necessary time. Make sure not to use





your thumb because the thumb has its own pulse, and you may mistake the thumb pulse for the one in your wrist.

How to find your resting heart rate

First thing in the morning before getting out of bed, take your pulse for 60 seconds. Make sure to write the number down; this is your resting heart rate.

How to find your maximum heart rate

Subtract your age from 220 (example: $220 - 20 = 200$). Make sure to write down your number, this is your maximum heart rate. As we get older, our maximum heart rate will decrease.

How to find your working heart rate

Depending on your goals and fitness level you will be working in different energy zones. There are three energy zones, the aerobic zone which incorporates 70-75% of your maximum heart rate, the strength zone which incorporates 80-85% of your maximum heart rate, and the interval zone which incorporates 65-92% of your maximum heart rate.



Aerobic zone

You should walk/run in the aerobic zone to build your endurance. To find your range, multiply your maximum heart rate by .70 and .75.

Example:

$$200 \times .70 = 140 \quad 200 \times .75 = 150$$

If you are working in the aerobic zone, you will want to stay between a heart rate range of 140-150 beats per minute (bpm).

Strength zone

The strength zone is used to strengthen muscles. Supplementing your walking or running with weight lifting will make you a stronger walker or runner. To find your range, multiply maximum heart rate by .80 and .85.

Example:

$$200 \times .80 = 160 \quad 200 \times .85 = 170$$

If you are working in the strength zone, you will want to stay between a heart rate range of 160-170 bpm.



Interval Zone

The interval zone is used to develop the ability to execute quick movements requiring short bursts of energy. Basketball, soccer, and tennis require quick bursts of energy. To find your range, multiply your maximum heart rate by .65 and .92.

Example:

$$200 \times .65 = 130 \quad 200 \times .92 = 184$$

If you are working in the interval zone, you will want to stay between a heart rate range of 130-184 bpm.

Heart rate monitors

A heart rate monitor is a great and inexpensive tool to use that provides continuous feedback on where your heart rate is throughout your training session. There are many different companies that make heart rate monitors such as Polar and Nike.

Guidelines for children

If you are walking/running with a younger sibling or student, keep in mind that children are not small adults and programs should be general in nature. It is important to participate in at least 60 minutes of age and



developmentally appropriate physical activities. Examples include free play, tag, relay races, small-sided games (e.g., soccer and hockey), biking, swimming, and rollerblading. According to the National Association of Sport and Physical Education (NASPE), aerobic activity should consist at a 50-80% of maximum heart rate (220 subtract age).

Perceived Exertion

Perceived exertion is used when you are not monitoring your heart rate but want to determine the intensity level of your workout by the feeling of how hard you are working as it relates to your breathing rate.

Perceived Exertion Rating Scale:

LEVEL	RATING
6-7	Extremely easy
8-9	Very easy
10-11	Easy
12-13	Slightly strenuous
14-16	Strenuous
17-18	Very Strenuous
19-20	Extremely Strenuous



How to determine your perceived exertion

A good way to determine how hard you are working is by your breathing. A good rule of thumb is if you can hold a conversation with the person next to you while you are training, you are working in the perceived exertion level from 6-13. As your training becomes more strenuous, your breathing will increase. You will find that holding a conversation at this level requires you to take breaks between each word to catch your breath. This level of perceived exertion would be from 13-17. Once you enter the very to extremely strenuous aspect of a training session, you will not be able to talk to the person next to you because your breathing has become extremely labored. This level of perceived exertion would be from 17-20.

The perceived exertion scale is meant to coincide with your heart rate range. Level 6 would be 60 beats per minute all the way up to 200 beats per minute.

How to find your body mass index (BMI)

Here are the steps to find your body mass index.

Weight – Take your weight in pounds and divide by 2.2. The quotient is your body weight in kilograms (kg bw).



Height – Take your height in inches and multiply by .0254. This will provide you with your height in meters.

BMI = Kilograms of body weight (kg bw) ÷ height in meters squared (Ht^{m^2})
= Kg bw ÷ Ht^{m^2}

Example:

Male weighs 214 pounds and is 5 feet 8 inches tall (or 68 inches).

Weight $214 \div 2.2 = \mathbf{97.2}$ kg bw
Height $68'' \times .0254 = 1.72$ meters
Height² $1.72 \times 1.72 = \mathbf{2.95}$ Ht^{m^2}
BMI $97.2 \div 2.95 = \mathbf{32.94}$ BMI

Body Mass Index Classifications:

Underweight	<18.5
Normal	18.5-24.9
Overweight	25.0-29.9
Obesity Class I	30.0-34.9
Obesity Class II	35.0-39.9
Extreme Obesity	>40.0



The male from the example who has a BMI of 32.94 would be classified as Obesity Class I.

There are Some Problems with BMI

- BMI can overestimate individuals with large musculoskeletal systems.
- BMI can underestimate individuals with small musculoskeletal systems.

How to determine the frequency, duration, and intensity of your training sessions

Determining the frequency, duration, and intensity of your training session will depend on your initial level of fitness.

Frequency

For individuals who have been sedentary, participants in several studies have shown improvement with only exercising one day a week. However, most studies show improvement occurs with exercise that is performed at least 3 times per week for 6 weeks.

Individuals who would like to maintain or increase their fitness level should be training at least 4 to 5 times per week.



Duration

Individuals who have been sedentary should start with 15 minutes of low to moderate exercise and slowly build their exercise session to 20-30 minutes.

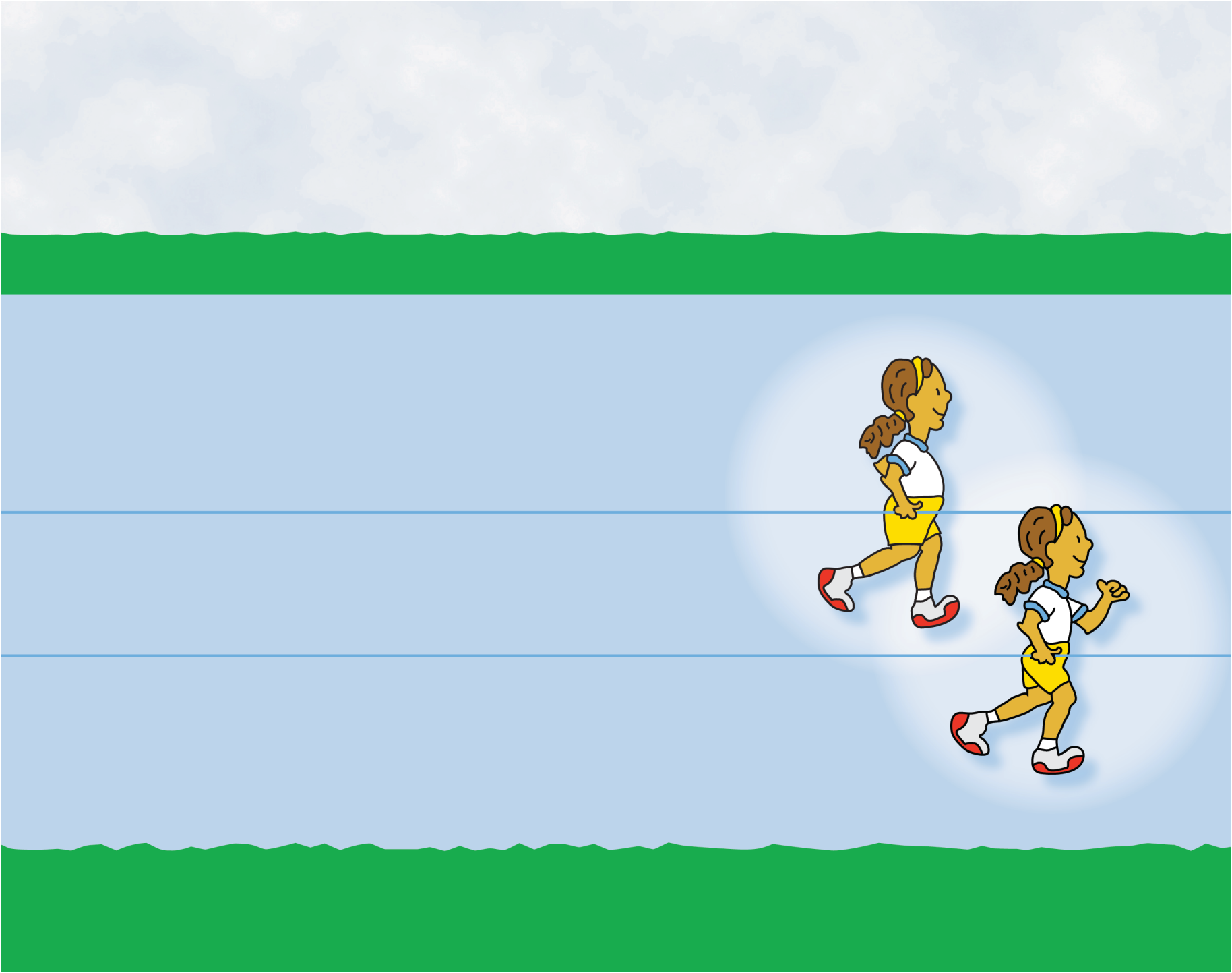
Individuals who are looking to maintain or increase their level of fitness should exercise at a moderate level for at least 30 minutes and then increase their time up to an hour at their own pace.

Intensity

To determine the intensity of your training, refer back to the section on heart rate percent.

As a general rule, 70% of our maximum heart rate represents the minimum range that will stimulate cardiovascular improvement. So, one needs to exercise at at least 70% of their maximum heart rate.

We will need to incorporate both moderate to high intensity training sessions into our program depending on our goals which will incorporate a heart range of 65-92%.



CHAPTER 5: GOAL SETTING



Goal setting is an individual process, which may change over time. A sedentary individual may set his first goal to exercise one time per week and then may increase his goal to exercise 3 times per week as his cardiovascular fitness improves. An individual who has been exercising regularly for years may decide that she would like to train for a particular event or race.

How to set your goal(s):

Set realistic goals! You know your level of fitness. Ask yourself, “Is my goal attainable in the amount of time I have to reach it?”

Set a start date and an end date. If you are training for a particular race or event, it is important to give yourself enough time to prepare and train. An end date can help you determine a time line.

Example: Sebastian is now running 1.5 miles, 3 times per week. He wants to run a 5K race in 8 weeks. To prepare for the race, he increases his mileage to 2 miles, 2 times per week, and 3 miles, 2 times per week, alternating the distances. Two weeks before the race, he runs 3 miles, 4 times per week and takes off 2 days before the race.



Share your goals! It is important to share your goal(s) with family and friends. They can help support, guide, and participate in your adventure.

Track your progress. It is essential to keep a log of your training sessions. A sample fitness log and blank fitness log are provided in the back of this manual. Photocopy the blank log as needed. You should keep track of the date, duration, frequency, and intensity (heart rate) to provide yourself with feedback on the progress of your training.

Keep setting new goals. When you have accomplished one goal, set a new goal for yourself. This will help push you further in your level of fitness.

Stay Positive. If you don't meet your first goal, don't get discouraged and stop. There may be obstacles, such as injuries, school, or weather that get in the way of you accomplishing your goal. Take a step back, examine the obstacles, and determine how you can eliminate or avoid them. Try again!

Utilize the charts in the back of the manual to keep track of your progress and accomplishments.

CHAPTER 6: ROLE MODELS



It is important to know that individuals with all levels of visual impairments have accomplished great things. Knowing them can help you be more determined to accomplish your goals. The following are just a few individuals who have set goals and achieved them in the area of walking and running.

Tim Willis is blind and won a silver medal in the 1996 Paralympics for the 10,000-meter race. He won two bronze medals at the 2002 Paralympics for the 1,500 and 5,000. When not running, Tim practices law in Georgia.

Royal Mitchell is visually impaired and won a gold medal in the 400-meter and one for the 100-meter at the 2005 European Championships. He also won a gold medal in the 100-meter race at the 2004 Paralympics in Athens.

Peter Gottwald, Jr. has congenital motor nystagmus but can still run a mile in 4.05.

Erik Weihenmeyer is a mountain climber who is blind and who has climbed the highest peaks on every continent including Mt. Everest and



Mt. McKinley. He wrote a book called *Touch the Top of the World*, and produced a movie called *Farther Than the Eye Can See*.

Bill Irwin is blind and hiked the entire Appalachian Mountain Trail from Georgia to Maine with his dog guide, Orient.

Marla Runyan is a world class runner with a visual impairment. In 2002 she won the U.S. Outdoor Championship for the 5,000-meter race. In 2004 she won a gold medal in the same race in the Olympics in Athens, Greece. She holds the U.S. record for the 20K road race, the all female marathon, the 5,000-meter, and the heptathlon (1996).

Ashley Hughes is visually impaired and came in 4th place in the New York State Cross Country Championships in 2005.

Pam McGonigle is visually impaired and set a record for the 5K distance in Pennsylvania.

Appendix A: Fitness Log



Review the Sample Fitness Log before you begin tracking your fitness progress. Photocopy the blank Fitness Log as needed.

Sample Fitness Log

Male, 214 lbs., BMI=32.94

Month **January** Target heart rate: **140-150 bpm**

Date	Activity, duration, distance/steps, heart rate
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1/5/06	Walked, 30 minutes, 2.5 miles, 138 bpm
---------------	---

1/7/06	Walked, 30 minutes, 2.5 miles, 140 bpm
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1/9/06	Walked, 40 minutes, 3 miles, 145 bpm
---------------	---

1/11/06	Walked, 40 minutes, 3 miles, 145 bpm
----------------	---

1/12/06	Walked, 35 minutes, 3 miles, 148 bpm
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1/14/06	Walked, 35 minutes, 3 miles, 148 bpm
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[illegible]

Appendix B: Nutrition



Review the Sample Nutrition Log before you begin tracking your food consumption. It is important to consume nutrition from every food group every day. Drink at least 32 ounces of non-caffeinated and non-carbonated liquids a day. Photocopy the blank Nutrition Log as needed.

Sample Nutrition Log

Day: **Monday** Date: **10/16/06**

TIME	FOOD & SERVING
6:00 a.m.	Oatmeal, one bowl 8 ounces of 2% milk 8 ounces of decaffeinated coffee or tea
9:30 a.m.	Banana 8 ounces of water
12:30 p.m.	Tuna salad on sourdough bread with leaf lettuce Six miniature carrots Blueberry yogurt 8 ounces of water with lemon slice



Nutrition Log

[illegible]

Appendix C: Walk-a-thons and Running Races



There are events held wherever you live to support wonderful causes. To find one near you, perform a Google™ search with the length of the race and your city name.

Below are a few Web sites to help you find a running race or a walk-a-thon in your area. Don't forget to set realistic goals and ask a friend or relative to train with you and join you in the race.

www.runwalkjog.com

www.theschedule.com

www.racecenter.com

www.active.com

www.score-this.com

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