

# Welcome BACK To Southern On the Move! 1/26/09

You responded to our survey, and based on your feedback, here's what to look forward to from **SOUTHERN ON THE MOVE** this semester:

**More group walks:** We're choosing new days, times, and locations to appeal to more participants. Look for the BLUE box to the right for walk information each week.

**More newsletters:** We'll address more nutrition topics and fitness beyond walking. Look for Wellness workshops throughout the semester on corresponding topics. The green box will have nutrition tips & recipes, the yellow box will have fitness tips/exercises, and each email will have a list of upcoming health promotion events on campus like Heart Health Week 2/23-2/27 and the annual Health & Wellness Fair 4/29.

**Stair climbing campaign:** Look for signs in buildings on campus reminding you to take the stairs if you can. Stair climbing burns more calories than riding the elevator and has even been shown to improve fitness levels! [CLICK HERE](#) for the research.

## What YOU need to do:

1. Set new goals or re-affirm your goals from the Fall.
2. Keep track of your progress during the program, online or with the [activity logs](#) you can print from the website.
3. Take the stairs when you can!

Good luck, and above all.....have FUN!

REMEMBER! Although walking is the simplest positive change one can make to effectively improve your health and is a low risk activity, you can still suffer from injury or overexertion if not prepared or have high health risks. According to the American College of Sports Medicine, you could be at risk if you:

- Have a family history of heart disease
- Smoke
- Have high blood pressure – equal to or greater than 140/90 mmHg
- Have high cholesterol – a total cholesterol greater than 200 mg/dL
- Are diabetic
- Are obese
- Are sedentary
- Are a male 45 or older, or a female 55 or older

If any of these conditions apply to you, be sure to consult with your medical provider before beginning any form of physical activity.

Walking is great medicine for your heart. Did you know that for every hour of regular, vigorous exercise that we do, like brisk walking, we can live two hours longer?

Keep Moving.....

## GROUP WALK

Thursday 2/5

12:30pm

Engleman Hall

Meet inside the A wing Entrance. [CLICK HERE](#) to check out the path ahead of time.

## Nutrition Tip

Looking for help with weight loss?

Try **WEIGHT WISE!!!**

HURRY it starts Feb 2nd

A **FREE 8 week weight management program** for students, faculty & staff.

[CLICK HERE](#) for more information about the program and how to sign up.

## Fitness Tip

Find something FUN that you enjoy for physical activity. Try a new piece of equipment, like a stability ball! [CLICK HERE](#) for an introduction and come to our Workout Workshop at the Fitness Center 2/11 at 11am to try it for yourself!

**Southern  
on the MOVE**



[www.SouthernCT.edu/OnTheMove](http://www.SouthernCT.edu/OnTheMove)