

# Welcome To Southern On the Move!

**\*Pick up your pedometer and t-shirt from the Fitness Center and wear them to the Kick Off walk on Monday 9/15 OR pick them up at the walk registration table.**

## **Congratulations! You've made the decision to become active.**

Southern on the Move is a program designed to help you to become more active and health conscious with motivational emails, organized walking groups, a stair climbing campaign, and incentives to help you reach your goal of the U.S. Surgeon General's recommended 30 minutes of daily physical activity.

Throughout this program, you will become more aware of the reasons and benefits of becoming more active. Every two weeks you will receive an email on a different topic of interest related to physical activity, along with thought provoking questions for you to ponder.

To help keep track of your progress during the program, starting on 9/15/08 simply complete the [activity logs](#) that will be provided for you or go online to track your completed activity. Additionally, you'll be awarded additional incentives along the way and as you complete the program. But don't forget that your ultimate goal is to be physically active.

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

But.....before you get started, here are a few things to think about.

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.

## **The Benefits of Being More Active:**

According to the American Heart Association, walking or moderate physical activity for at least 30 minutes on most days of the week or every day can help you:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental well being
- Reduce the risk of breast and colon cancer
- Reduce the risk of type 2 diabetes

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.....

**KICK OFF WALK**  
**Mon 9/15 12:30pm**

**@**  
**the**  
**Student Center**  
*(Moore Field house in case of inclement weather)*

Come at 12:30 to walk, make your way back to the student center after the walk for give-a-ways, info, & passport points for residents.

## **SETTING GOALS**

Think about how much physical activity you get now, and how much you think you can realistically do and then how you can achieve it. [Click here for help measuring your baseline activity level & setting goals.](#)

Will you:  
add 10 minutes a day?  
add an extra workout each week?  
join a club sport?

**Southern**  
**on the MOVE**



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