

Welcome Back To Southern On the Move!

Welcome back for another year of Southern On the Move!

Just a few reminders:

Southern on the Move is a program designed to help you to become more active and health conscious with e-newsletters, group walks, a stair climbing campaign, and incentives to help you reach your physical activity goals— we suggest 30 minutes a day of moderate physical activity— like walking!

We're starting the year off with a walk & celebration Thursday, 9/17/09 outside the Student Center 11:30am-1:30pm. Bring a friend and come a few minutes before 12pm to sign in for a **chance to win** a free month of Personal Training and Nutrition consultations! (the walk will start at 12).

To help keep track of your progress during the program, track your steps/activity on our website or fill out an [activity log](#). Become a fan of the **Southern On the Move** page on **facebook** to make sure you get updates on other free active events like Zumba, exercise classes & more to help you reach your individual fitness goals.

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.

Visit <http://www.myexerciseplan.com/assessment/prequestionnaire.php> to evaluate your risk and follow the recommendations provided.

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
Thurs 9/17
11:30 am-1:30pm
@
the
Student Center

Sign in between 11:30 am-12pm, walk starts @ 12pm.
Make your way back to the Student Center after the walk for give-a-ways, & more!

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