

# Welcome To Southern On the Move!

## **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 month you will receive an email on a different topic related to health & physical activity, along with a list of events on campus to help you become more active.

### **TIPS & TOOLS FOR SUCCESS:**

Use activity logs to put your goal in writing and track your progress.

"Like" the Southern On the Move facebook page for event updates.

Look for "Wellness Wednesdays" and the Fitness Center's FALL FIT FEST week of free fitness events.

Join [www.411fit.com](http://www.411fit.com) or [www.sparkpeople.com](http://www.sparkpeople.com) — these are free sites that offer supportive environments for people with every type of health & fitness goal.

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

But.....before you get started, here are a few things to consider:

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?

**KICK OFF WALK**  
Wed 9/22 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 handouts &  
Fitness & Wellness Q &A

### **SEPTEMBER EVENTS @ SCSU:**

- 8/30-9/9 Intramural Sign ups ([www.southernct.edu/campusrecreation](http://www.southernct.edu/campusrecreation))
- 9/11 Day of Service
- **9/20-9/24 Fall Fit Fest**
- 9/20 Fit Fest Kickoff, 1-3pm Fitness Center
- 9/21 Zumba Groove, 7pm Ballroom B
- 9/22 Kick Off Walk, 12:30 Student Center
- 9/23 Bootcamp, 8am Fitness Center
- 9/24 Yoga, 8am Fitness Center
- 9/24 Freshman Fitness Night, 6-8pm Fitness Center

### **WELLNESS WEDNESDAYS**

All are held in the Health Center from 12-2pm, stop by!

- 9/8 Welcome: Vaccination Awareness
- 9/15 Cholesterol Awareness
- 9/29 Health & Dental: Vision Screenings

