

Walking For A Better Oberlin



Oberlin Recreation Department
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CHALLENGE !

“Walking for A Better Oberlin”

Is the City of Oberlin -Recreation Department attempt to pick up the Surgeon General's challenge, for a more fit America. In researching various exercise programs, our goal was to find a program that the majority, if not all of the community, could participate in.

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EXERCISE/FITNESS

You don't need to run a marathon or exercise strenuously to achieve a sense of well-being and lower the risk of heart disease, according to the Surgeon General's Report on Physical Activity and Health. In these times of long work weeks and numerous responsibilities, few of us have the time for 20 - 60 minutes of aerobic exercise three to five days a week, which the American College of Sports Medicine recommended 20 years ago. Today, the good news is that getting enough exercise is realistic, accessible and user-friendly.

The Surgeon General recommends a program that stresses moderate intensity activities for 30 minutes a day on most days of the week. The 30 minutes don't have to occur all at once. You can credit yourself for everyday activities such as using the stairs instead of the elevator, walking to work, or parking your car in the farthest space available and walking the rest of the way. In fact, every 5 to 10 minutes dose of activity can increase energy and reduce stress. Even light exercise can improve health and performance. The Recreation Department goal is to get everybody out doing something.

INCREASING THE INTENSITY

Still, to achieve cardiorespiratory fitness and significant weight loss, you will need to gradually increase the intensity of the activity from 50 - 60 percent to 75 - 80 percent of your maximum heart rate, increase the time you are active from 20 - 30 to 30 - 60 minutes, and maintain your commitment to regular activity.

Raising your working intensity burns more calories and offers added benefit of more stamina for everyday activities like gardening, lifting and carrying groceries. Workout choices for increasing cardiorespiratory fitness are many and can include brisk walking, running, in-line skating and aerobic classes.

THE FIRST STEP

The first step in becoming more active is the hardest. But as you begin to add activity to your day, you will see that the key to becoming active is learning to identify opportunities for fitness and take advantage of them as much as possible.

WALKING THROUGHOUT YOUR DAY

According to the Surgeon General, we should all be doing at least 30 minutes of moderate-intensity exercise most days of the week. The good news is that any activity you do counts and can be accumulated (e.g. three 10 - minute walks) to produce real health and fitness benefits. Walking is a great low-impact exercise that can help you meet your goals.

CHOOSING TIMES OF THE DAY

Look at your calendar and decide which dates and times you will walk for a special amount of time. Some people walk during lunch hour or right after lunch. Others walk toward the end of the day to relieve tension and relax.

PLEASE

As in all exercise programs, consult your physician before you start a regular exercise program.

WALKING PROGRAMS

Here are some general guidelines to help you develop your own fitness walking program. Please check with your physician before starting a regular exercise program. How fit are you ?

BEGINNER

Try walking briskly at a 3 - 3.5 mph pace (walk a mile in 17-20 minutes), beginning with 10 minutes per day for the first three weeks. Slowly increase the time you walk by 5 minutes per week (e.g. Week 4, walk 15 minutes per day; Week 5, walk 20 minutes per day and so on) until you are able to walk 30 minutes per day, six days per week. Remember, *three* 10 minute walks at the 3 - 3.5 mph pace can count as one 30 minute walk.

GOOD SHAPE

If you are already in good shape, start at this level. If not, after a month of the "*Beginner*" program, increase your walk to 3 miles (about 45 minutes), 3 - 5 times per week, aiming for a pace of 3.5 - 4.5 mph (a 13 - 17 minute mile). If you find you can't walk that fast, walk a little farther.

EXCELLENT SHAPE

If you already do fitness walking, increase the intensity of your workout outlined in the "*Good Shape*" program by doing the following:

- Walk with a 10 - 15 pound backpack
- Add uphill/downhill and stairclimbing to your regular walks
- Use 2 - 3 pound hand weights and continue your arm swing motion
- Try race walking (5 - 9 mph)

A STRATEGY

Remember, you don't have to have a full 30-60 minutes available; walking here and there throughout your day counts. Try to accumulate a full 30-60 minutes of daily activity by doing some combination of the following:

- Walk to work 1 - 2 times per week
- 10 - 15 minute brisk walk during your breaks
- 10 - 15 minute brisk walk after meals
- Walk up and down stairs; avoid the elevators and escalators
- Enjoy a brisk walk to meetings

AFTER WORK

When at home, keep active. Do the gardening, walk the dog, walk to the grocery store. Sign up for evening dance or exercise class. Take an after dinner walk with your family or with some friends.

REMEMBER



Plan for exercise. Remember your walking shoes, gym bag, a change of clothes (if needed).

WARM-UP & STRETCHING

Warm-up:

walking for about 5 minutes at an easy pace or gently running in pace.

Before Walking:

ankle/wrist circles and flexion
reaches (side, cross, for the sky)
shoulders, neck loosening
hip rotation

After Walking:

lower leg stretch (hamstring) --20 - 30 sec./side
thigh muscle stretch (hip flexor) with arms raised - 30 sec./side
stork stretch (quadriceps) - 30 sec./side
learning to each side - sec./side

Tips For Stretching:

1. Avoid bouncing. This can cause injury.
2. Hold stretches for at least 20 seconds. It is better to hold a stretch in place instead of doing many repetitions.
3. Avoid neck rolls. Use your hand to add slight tension to a neck tilt.



FITNESS WALKING TECHNIQUE

POSTURE:

- Chin, neutral position
- Upright, looking ahead
- Shoulders back, relaxed



Foot Placement:

- Keep feet close to a imaginary line in the center of the pavement in front of you (follow line on track)

Finding Stride Length:

- Stand upright with feet slightly apart
- Lean forward at the ankles (like a ski jumper)
- Transfer your weight forward and as you do, put your foot out in front and catch yourself
- Repeat several times until stride length for both legs feels comfortable
- You should have roughly the same length regardless of the type of walk you do (strolling - 3 mph; brisk/fitness walking - 4 mph; race walking - 5 mph)

Stride:

- Always keep at least one foot on the ground
- Heel strikes the ground first
- Follow with rolling onto the ball of your foot
- Finish with a strong push off the toes (of the trailing foot)
- Focus on quicker rather than longer strides
- Avoid slapping the ground with your feet and concentrate on smoothing out the movement

Arm Swing:

- This makes your walk a total body activity
- Burns an additional 5 - 10% calories
- Let your arms bend at the elbow and swing them in step with your feet in an from your waist to the front of your chest, your hands should reach just below chin level
- Your forearms should brush your hip to keep your stride directed forward

TARGET HEART RATE

Use the chart on *page 9* to determine your 15 second count. Choose the intensity level that is right for you.

- 60 - 70 % = just beginning an exercise program
- 70 - 80 % = at an intermediate fitness level
- 70 - 85 % = at an advanced fitness level

TIPS ON TAKING YOUR HEART RATE WHILE EXERCISING

- **Keep moving** while you're taking your heart rate. Your heart rate will drop within 15seconds if you stop moving !
- Use your index and middle finger to take your pulse, not your thumb !(your thumb has a pulse too, so you may get confused if you use your thumb).
- Where to find your pulse:
 - **Wrist:** find the tendon running down the center of the inside of your arm. Take your pulse on the thumb side of the tendon
 - **Neck:** Take your pulse on the carotid artery on either side of your Adam's apple. Your carotid artery is pressure sensitive, so don't press too hard ! and don't take it on both sides at once!
- If you have a hard time finding your pulse while exercising, find it before you go out to exercise and draw an x on it.

WHAT TO DO IF YOUR 10 SECOND COUNT IS TOO HIGH OR TOO LOW ?

Too Low: Pick up the pace of your exercise and swing your arms more to increase your heart rate.

Too High: Slow down your pace and/or use less arm motion to decrease your heart rate.

TARGET HEART RATE

Age	Max HR	Target Zone			15 Second Count		
		60%	70%	80%	60%	70%	80%
20	200	120	140	160	30	35	40
25	195	117	137	156	29	34	39
30	190	114	133	152	29	33	38
35	185	111	130	148	28	32	37
40	180	108	126	144	27	32	36
45	175	105	123	140	26	31	35
50	170	102	119	136	26	28	34
55	165	99	116	132	25	29	33
60	160	96	112	128	24	28	32
65	155	93	109	124	23	27	31

FITNESS WALKING TO LOSE WEIGHT

You will notice several improvements from a regular walking program within about 2 weeks (lower blood pressure, strong leg muscles and more energy). Losing weight will occur when you maintain a regular walking program but it takes patience.

Walkers who want to lose weight should gradually work up to a walking schedule of 5 - 7 days per week, 45- 60 minutes or more at a lower intensity (50 - 70% of your maximum heart rate – see Target Heart Rate Chart page 8). To achieve significant weight loss, a combination of exercise and calorie/fat reduction in your diet is most successful. Include a strength training component as well into your workout routine to increase muscle and condition your whole body.

The caloric expenditure of walking is dependent on body weight. As a rule of thumb, you can determine the calories burned by walking using the following information:

CALORIES BURNED BY WALKING (calories/mile)

Walking Pace (mph)	Body Weight (lbs.)					
	100	125	150	175	200	225
3.0	52	66	79	92	105	117
3.5	54	67	80	94	107	121
4.0	58	72	87	101	116	131
4.5	65	81	97	113	129	146

(Based on Bubb et al: Predicting oxygen uptake during level walking at speeds of 80-130 meters/minute. Journal of Cardiac Rehabilitation. 5:462-465, 1985)

CALORIES BURNED

LIGHT - less than 280 calories/hour

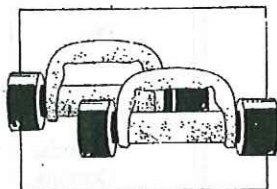
Walking (less than 2 mph)
Washing windows/floors
Washing/waxing a car
Gardening

MODERATE - 280 - 420 calories/hour

Fitness walking (3.5 - 4 mph)
Outdoor cycling (less than 10 mph)
Golf, pulling cart or carrying clubs
Housecleaning, vacuuming
Pushing a stroller
Social dancing
Raking leaves

VIGOROUS - more than 420 calories/hour

Brisk walking uphill
Cycling (more than 10 mph)
Racquetball, singles tennis
Jogging/running (6mph)
Mowing lawn, hand mower
Stair walking



Health* Matters Exercise Planner

To use: 1) Write in your plan for a minimum of one week at a time and 2) Post it where you will see it daily.
 Check it to remind yourself of what you are doing that day and to plan what you will need for the next day (ie. to bring your walking shoes to work). Remember to allow time to stretch before and after exercise.
 Note: You may want to make copies of this planner before you begin

MONTH:	Week 1 Date:	Week 2 Date:	Week 3 Date:	Week 4 Date:
Monday Exercise Duration Time of Day				
Tuesday Exercise Duration Time of Day				
Wednesday Exercise Duration Time of Day				
Thursday Exercise Duration Time of Day				
Friday Exercise Duration Time of Day				
Saturday Exercise Duration Time of Day				
Sunday Exercise Duration Time of Day				

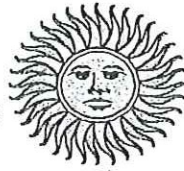
WALK SAFE !

Safety Precaution Tips for Walkers

- Walk on sidewalks where possible. If walking on the streets, always face oncoming traffic
- Walk down well lighted streets
- Avoid walking after dark. If you choose to, carry the following items:
 - MACE/Pepper spray
 - Reflective accessories or a light
 - Whistle
 - Cell phone or spare change for phone calls
 - Wear light colored clothing
- “Walk with a mission.” Try to look like you are confident about where you are going and walk briskly.
- In case you are attacked, yell “**FIRE !**” instead of “**HELP !**” people respond to it more readily.
- Try to let someone know where and when you will be walking, so they know your whereabouts.



BEAT THE HEAT !



Tip for Walking in Warm Weather:

- Drink plenty of water before, during and after walking. don't wait until you are thirsty !
- Wear light-colored, lightweight, loose fitting clothes
- Wear a hat or visor, sunglasses and sun screen
- Walk more slowly
- Be aware of symptoms of heat exhaustion:

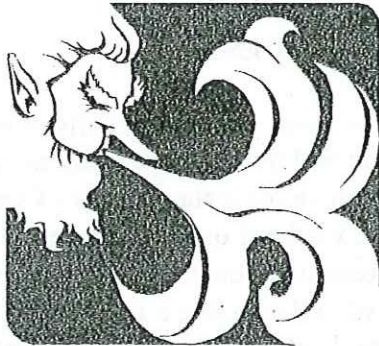
Weakness
Rapid Pulse
Dizziness
Headache
Muscle Cramps
General Weakness
Decreased Sweating

If you experience any of these, stop exercising, move slowly to a cooler place (preferably in the shade) and drink a lot of fluids. Call your physician.

HOW TO DEAL WITH THE CHILL

Tips for Walking in Cold Weather:

- To prevent heat loss, wear a hat and gloves and other warm clothing
- Avoid overdressing; wear layers that can be unzipped or removed as you warm up
- Wear loose clothing; It traps layers of air and provides good insulation
- Remove damp and wet clothing as soon as possible; water increases the rate of heat loss and the insulation value of clothing
- Think happy thoughts !



EXERCISE DO'S & DON'TS

The following do's and don'ts for exercise are recommended by *Dr. Cindy Chang*, Head Team Physician for University of California Berkeley.

WARM UP

DO warm up and cool down before and after a workout or sport activity

Start with 10 minutes of gentle stretching movements such as arm circles, side bends or calf stretches. Then mimic your exercise activity at a slower pace.

For example, walk slowly before power walking, or jog before running. Cool down by decreasing your exercise pace. Finish with a slow stretching routine (no bouncing) to help increase your flexibility and prevent muscle soreness.

READY TO PROGRESS

DON'T increase your workout or activity level too fast or too soon. When you feel that you are ready to progress in your workout, you can increase the number of sessions per week, the durations of the workout or the intensity level of the workout. But don't increase all at once. Dr. Chang finds that most injuries occur when beginning a program and doing too much, too soon. A good rule of thumb is to start at three times per week with at least one day of recovery in between.

PAIN

DON'T ignore pain ! Dr. Chang say, "pain is the body's response to injury or overuse, don't ignore it and don't make the mistake of trying to push through pain. Listen to your body." As you get accustomed to exercise, you will be better able to distinguish between soreness and pain. Soreness may develop one to two days after a workout and dissipate 24 to 48 hours later. Pain can come right away and persist with everything you do.

INJURY TREATMENT

DO take an active approach to treating an injury.

Follow the *Rice* principle:

- * **R:** rest the injured area.
- * **I:** ice is a pain inhibitor. Always use ice first, as it decreases inflammation and has few side effects. Apply for 20 minutes on, 40 minutes off.
- * **C:** compression - use an ice wrap to prevent swelling. Wrap toward the heart.
- * **E:** elevate the injured area above the heart level. If pain or swelling worsens after 24 hours, see your physician.

SOME WALKING AREAS AND THE DISTANCE IN OBERLIN

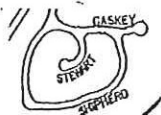
(number of feet ÷ 5280 = miles)

Tappan Square - once around the square is .56 miles

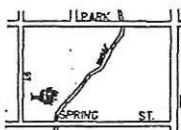
Kimberly Circle - once around the circle is .43 miles



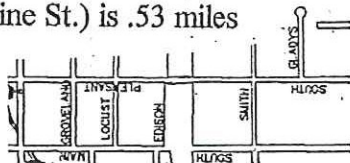
Shiphord Circle - once around the circle is .56 miles



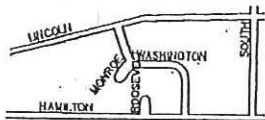
Spring St. - (E. College to S. Park St. to Groveland St.) is .95 miles



Pleasant St. - (Gladys Ct. to Vine St.) is .53 miles



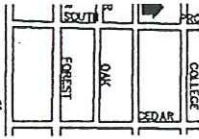
Lincoln St. - (Washington to S. Professor St.) is .85 miles



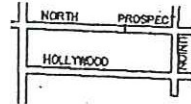
Forest St. - (Cedar St. to Elm St. to Prospect) is .66 miles



Cedar St. - (W. College St. to Prospect St. to Morgan St.) is 1.02 miles



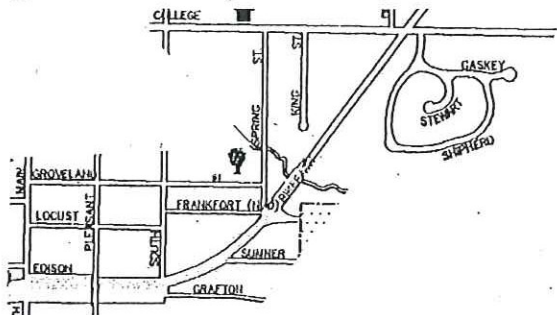
Hollywood St. - (Union St. to N. Prospect St. to W. Lorain St.) is .74 mile



Glenhurst Dr. - (Parkwood Blvd. to Robin Park Blvd.) Is .44 miles



***Bike Path - (E. College St to Main St.) is .56 miles**



***the entire Bike Path through Oberlin is 2.27 miles**



NOTES:

Recreation Superintendent

Constance M. Ponder

Recreation Coordinator

Ian P. Yarber

Recreation Commission

Jaqui Willis, Chair

Howard Chambers III, Vic-Chair

Amelia A. Yarber, Sec.

Jennifer Mentzer, Member

Justin L. Emeka, Member

Meetings are the 3rd Thursday of each month
at 7:00 p.m. City Hall - conference room # 2

Information for this booklet, was obtained at:

<http://www.sergeongeneral.gov>

<http://www.healthierus.gov/steps/>

<http://www.apma.org/sports/walking.htm/>

http://www.pueblo.gsa.gov/cic_text/health/walking.htm

<http://www.hopechno.com/book9.htm>

<http://www.uhs.Berkeley.edu>

<http://www.racewalking.com>

<http://www.indiana.edu>

<http://www.about.com>

<http://www.walking.org>

Visit these sites to learn more about
fitness walking