



FOR LIFE

# WALK FOR HEALTH

Kettering Medical Center would like all employees, students, and volunteers to “step into” a healthier lifestyle by participating in a community-wide walking program. With the help of the City of Kettering, Kettering Parks, Recreation and Cultural Arts Department (PRCA) and Kettering City Schools, Kettering Medical Center is encouraging people to join in the fun of walking around the city.

## HOW TO PARTICIPATE:

Improve your health by walking around our beautiful Kettering and Sycamore campuses. Walking is one of the most popular physical activities in the U.S. Benefits of a walking program include:

- Reduce blood cholesterol
- Lower blood pressure
- Increase cardiovascular endurance
- Boost bone strength
- Burn calories and keep weight down
- Reduced stress
- Increased energy

Every step counts. Keep track of the number of steps or miles you have walked by using a pedometer or by calculating the miles walked by using the markers on the “walkabouts”. Make your goal to walk 10,000 steps or 5 miles a day. A reasonable goal for most people is to increase average daily steps each week by 500 per day until you can easily average 10,000 per day.

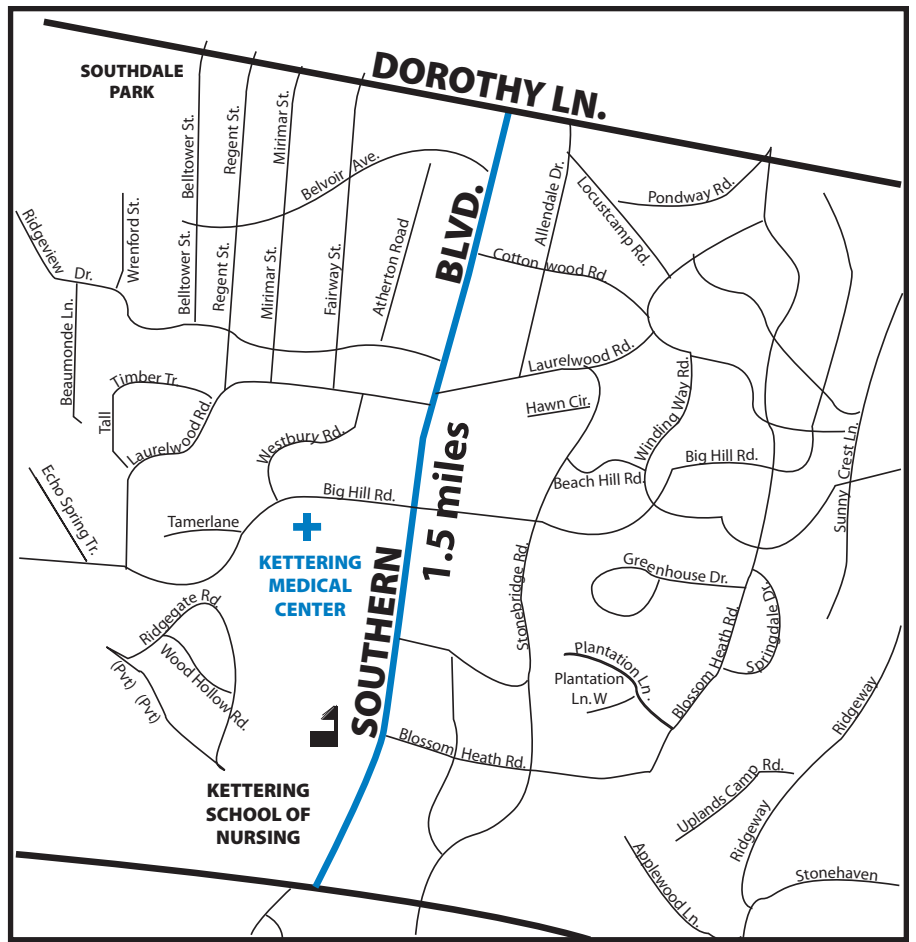
Any Kettering Health Network employee who pays City of Kettering income or property tax qualifies for residency and can use the indoor walking track for free at either the Kettering Recreation Complex, 2900 Glengarry Drive Kettering (937) 296-2587 or at the Kettering Fitness and Wellness Center, 3351 Shroyer Road, Kettering (937) 293-4FIT. Proof of Residency is required and confirmed via a driver's license with a Kettering address. Another option is to purchase a Resident I.D. card at the front desk after presenting a recent pay stub printout showing that City of Kettering income tax has been paid. All Kettering Health Network employees are eligible for a 15% corporate discount off any Kettering Recreation Complex pass price.

**For information about trails and exercise programs or screenings, visit [www.khnetwork.org/Community\\_Wellness/exercise\\_programs.cfm](http://www.khnetwork.org/Community_Wellness/exercise_programs.cfm) or call KMC Community Wellness at 937-558-3988.**

COMMUNITY WELLNESS *at*  
**KETTERING**  
MEDICAL CENTER  
KETTERING HEALTH NETWORK<sup>SM</sup>  
KHNETWORK.ORG



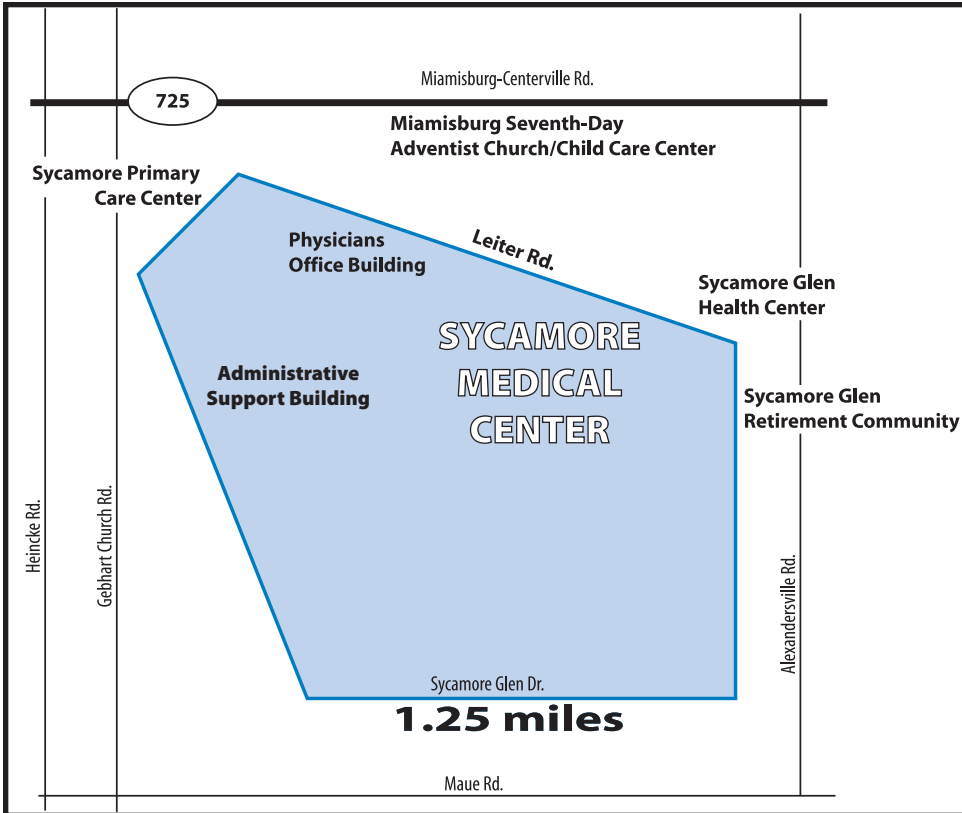
# KETTERING CAMPUS



## Additional City of Kettering Walking Routes

For specific individual route maps, please visit:

[http://www.ketteringoh.org/newweb/departments/parks/parks\\_walkmaps.php](http://www.ketteringoh.org/newweb/departments/parks/parks_walkmaps.php)



# SYCAMORE CAMPUS

**WALKING IS ONE OF THE MOST POPULAR PHYSICAL ACTIVITIES IN THE U.S. BENEFITS OF WALKING INCLUDE: A HEALTHIER HEART, WEIGHT LOSS, REDUCED STRESS AND INCREASED ENERGY.**



## **HYDRATION**

It is important to replenish fluids before, during and after exercise to avoid dehydration. Drink more fluids than you think you need before and after exercise. Try to drink 6-8 ounces of fluid every 15-20 minutes during exercise.

What should you drink – water or sports drinks? Most exercisers can replace lost fluids adequately with water. For higher activity levels, sports drinks may be more effective. Sports drinks replace the body's electrolytes (sodium and potassium). The extra carbohydrate in sports drinks can provide more performance benefits for endurance athletes

## **CLOTHING**

To provide a greater skin surface for heat dissipation, wear minimal clothing. Loose-fitting, lightweight, light-colored, water absorbing clothing, such as cotton, will be more comfortable and effective. When exercising outdoors, be sure to wear a strong sun block.

## **TEMPERATURE & HUMIDITY**

It is best to exercise early in the morning (before 10 a.m.) or later in the evening (after 5 p.m.). If the temperature is above 85° F, it may be better to postpone your exercise session until later. High humidity can also affect your cooling abilities.

It is possible to acclimate yourself to exercising in heat conditions,. A person can become conditioned to heat in as few as 7-14 days. Gradually increase exercise duration and intensity while exercising in hot weather.

## **FITNESS & EXERCISE INTENSITY**

Reduce the intensity of your exercise activity the first few times you are exposed to hot weather. Fitness benefits as a result of heat acclimation include: lowered heart rate, improved blood flow to the skin, increased rate of perspiration, increased sweat volume and reduced loss of electrolytes.

A very important point to keep in mind is to know when to rest. When exercising in hot and humid weather, there can be a greater chance of injury. Sometimes it is better for your body to simply postpone an exercise session until later.

If you have any questions, please call KMC Community Wellness at 937-558-3988.

# WALKING GUIDELINES

- **Consult your physician before starting any exercise program.**
- If you start feeling ill, stop immediately and get help if needed.
- Start slowly and build intensity/duration as your fitness level increases.
- Monitor your exercise intensity by using the talk test. The talk test is simple, pick a phrase that takes approximately 20-30 seconds to say, such as the Pledge of Allegiance. As a rule of thumb, if you're doing moderate-intensity activity you can talk without struggling, but not sing.
- When walking outdoors, make sure you are constantly aware of your surroundings.
- Wear proper exercise clothing for the environment. (inside vs. outside; cold weather vs. warm weather).
- Choose the proper footwear for your activity and foot type.
- Whenever possible, exercise with a partner (buddy system). It is safer and this makes each of you accountable and more likely to stick with your exercise program.
- Maintain proper technique. Maintain a straight back, flexed knees, strike on ground with the heel of your foot first and roll through the toe and use an opposite arm-to-leg cadence (right arm swing/left leg step, etc.).
- Adjusting for individual fitness levels, a progression of no more than one half mile per session is recommended.
- Keep the **F.I.T.** principle in mind:
  - **F**requency – number of times you walk per day/per week etc.
  - **I**ntensity – how hard you work out.
  - **T**ime – how long you work out.
- If you have a bad performance day, don't let it alter your program. Everyone has bad days, but stick it to achieve your fitness goals.
- Set SMART goals:
  - **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and **T**imely.

## DETERMINING WALKING/RUNNING INTENSITY

One of the easiest ways to monitor your exercise intensity is to use the ratings of perceived exertion (RPE) scale. When you walk, your exercise intensity should be within a range of comfort. By becoming familiar with the RPE scale, you can continually assess your exercise intensity and ensure a level of exertion that is comfortable.

### HOW DO YOU USE RPE?

Perceived exertion is assessed by use of either a 0-to-10 or 6-to-20 chart to rate the feelings caused by your exertion. For example, using the 0-to-10 scale, quietly sitting in a chair would have a rating of 0. Adding a gentle waving of your arms might increase the effort rating to 0.5. Walking at a pace that you feel is moderate would be given a rating of 3.

On the 0-to-10 scale, the recommended RPE range for most people is usually between 3 (moderate) and 5 (strong).

0	Nothing
0.5	Very, very weak
1	Very weak
2	Weak
3	Moderate
4	Somewhat strong
5	Strong
6	
7	very strong
8	
9	
10	very, very strong-maximum