

# Session 5: Move Those Muscles.

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**Goal: Do 2½ hours of physical activity each week.**



This will burn about 700 calories per week.

- Pick activities you **LIKE**.
- Choose moderate kinds of activity, like **brisk walking**.
- Work up to this goal *slowly*. It will take about 4 weeks.
- Spread the weekly total over 3 to 4 days (or more) per week.

How active are you now? (Kind of activity, with whom, how often/long)

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What activities did you do in the past? \_\_\_\_\_

Why did you stop? \_\_\_\_\_

What do you like or dislike about being active or being inactive?

	What I like about it	What I don't like about it
Being active		
Being inactive		



## Being more active will:



- Help you feel and look better.
- Make you more physically fit.  
It will be easier for you to do your daily work, like climbing stairs.
- Help you lose weight and keep it off.
- Lower your risk for heart disease, some kinds of cancer, and may prevent diabetes. Being more active:
  - Raises HDL cholesterol (the “good” cholesterol or fat in the blood).
  - Lowers triglycerides.
  - Lowers blood pressure.
  - Lowers blood sugar by making the body more sensitive to insulin.

It's not easy to start being more active.  
We are here to help.

- **Come to the Lifestyle Balance activity sessions!**

- Have company and support while you're being active.
- Walk or do other physical activity together.  
This will help you reach your weekly activity goals.
- Have FUN.
- The staff will be there to help you.



So, get on your walking shoes and join us!  
The Lifestyle Balance activity sessions will be held:

Where	Day of the Week	Time

- **Plan other activities you LIKE to do.**

We suggest **brisk walking**. It's easy to do and good for you.  
What other activities might you like to do?

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# Wear a Good Pair of Shoes

You don't *need* to buy special shoes if you have shoes now that fit well and support your feet. But here are some pointers if you are planning to buy shoes:

Shoe stores offer many kinds of shoes for active people.

- Visit one or more store(s) you trust. Try on various styles and brands.
- The salespeople can help you find a good fit. They can also help you choose the shoe best suited for the kind of activity you do.

## Look for a good fit.

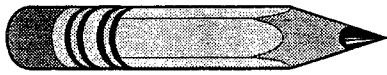
- Wear the kind of socks you'll wear when you're active. Cotton are best.
- Go to the store right after you've been active, if possible. That way, your feet will be the size they are when you're warmed up.
- The shoes should be comfortable right away. Try them on and walk around. They should NOT need to "stretch out" later.
  - There should be one thumb's width of space between your longest toe and the end of the shoe.
  - The heel should NOT pinch or slip around when you walk.
  - The shoes should bend easily at the ball of your feet (just behind your toes).



## Get the kind of support you need.

Your shoes should match the shape of your foot and the way your feet strike the ground.

- Take your old shoes with you to the store. Ask the salesperson to look at the pattern of wear. This can show the kind of support you need. For example, is the back of the shoe worn down unevenly on the bottom (that is, does it slant toward the inside or outside)? If so, you may need extra support for arches or flat feet.
- Be sure to tell the salesperson the kind of activity you plan to do. Many shoes are made for a specific activity, such as running or aerobic dance. They will give you the kind of support needed for that activity.



# To do next week:

**I will:**

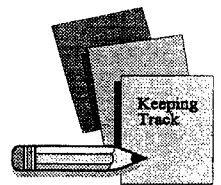
**Be active for \_\_\_\_\_.**

- Include a friend or family member if you like.
- Include the Lifestyle Balance activity sessions.
- Plan activities you LIKE to do.



	What I will do	Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<b>Total minutes for the week:</b>		

- Keep track of my weight, eating, and activity.**  
 Use your Keeping Track books.  
**Record only the time when you're *doing* the activity.**  
**(Don't include breaks.)**



- Bring in (or wear) the shoes I might wear when I'm active.**