

## BENEFITS

### Clear the Mind, Nourish the Soul

Changing just a few habits – and walking more – can lead to great rewards: more energy, lowered risk for weight-related illnesses including diabetes and heart disease, and better sleep. Walking also:

- Increases energy
- Helps in weight loss/control
- Improves outlook on life
- Better stress management
- Lowers blood pressure/cholesterol levels
- Improves circulation
- Age reducing effects
- Helps you quit smoking
- Nourishes brain tissue and boosts immune system.

### REFERENCES

<http://startwalkingnow.org/>

<http://www.mylifecheck.org/>

<https://www.heart360.org/>

<http://www.the-fitness-walking-guide.com/>

## SAFETY

- Check with your physician prior to joining any physical activity
- Stretch prior and after walking
- Use good posture
- Start out slow
- If you feel out of breath, you are walking too fast-slow down
- Breathe deeply
- Pay attention to your surroundings
- Drink water
- Carry a cell phone
- Don't walk alone
- Don't carry hand weights/ ankle weights

## STRETCHING

BC Be Fit!



Warm up & Cool down!

Don't Overstretch!

Stretching suggestions:

⇒ Quadriceps stretch, hamstring stretch, gastroc stretch, soleus stretch.

⇒ Visit web site for visual examples: <http://www.halhigdon.com/15Ktraining/Stretch.htm>

### GETTING ON THE GOOD FOOT...

- **Walk and Talk:** When you have a meeting and you don't need paper or a computer screen, consider combining your conversation with exercise. This does require the foresight of having good walking shoes at your desk or in your backpack.
- **Remote Parking:** If you are in the habit of choosing the closest parking spot, why not choose one a little further away? How about parking in a lot that's not right next to your building? Not enough time? Leave home 5 minutes earlier...
- **Walk, Don't Drive:** If you have a meeting at the other end of campus, give yourself enough time to walk there. Wear your \*dress\* walking shoes!
- **Set a Goal:** It's no secret: good goals are specific, measurable, and have an end-date. For example, "Beginning January 2012, I will walk or bicycle 30 minutes 5 days/week." A goal of "walking 3,000 steps on my pedometer" is measurable, unlike a goal of "being more active."



## KEEP IT STEADY!

- Maintaining a steady routine is THE single most important factor of a walking program. The US Surgeon General recommends walking for at least 30 minutes a day, five or more days a week, in order to benefit from all it can do for your body and soul. However, staying motivated to keep the routine alive is, for most of us, the most difficult part of an exercise program. Try these tips to help keep you on track:
- Walk with other staff and students.
- Join the Renegade Walkers - that's gently competitive and offers incentives for success.
- Talk a coworker and/or student into joining the program with you; preferably someone who won't allow you to make excuses about why you can't walk.
- Add the activity to your "Outlook" calendar
- COMMIT

BC Be Fit!



BC Be Fit! offers multiple activities to help YOU get fit and healthy! Check out the SGA website and online calendar for weekly activities!

## HOW TO GET STARTED

**Easy Walk** – to improve your general health try walking 30 minutes a day at a “talking” pace.

Start out with a walk for 10 minutes and then walk back. Add five minutes to your walk each time out

Start with a slow warm up pace, then walk for the desired length of time.

**Brisk Walk** - to improve cardiovascular fitness you should walk 3-4 days a week 20-30 minutes at a very fast pace. You breathe a little harder, but not gasping for air.

Or another way is by walking fast enough to reach your target heart rate: to track your heart rate take your pulse for 6 seconds, count how many times your heart beats and add zero to get an estimate.

**1 Mile - 3/4 Mile—½ Mile Trails Available!**  
**Want to know more? See Display near SGA!**

## WALKING WORKOUT

### LECTURE SERIES AT BC

Sponsored by Mercy & Memorial Hospitals. Throughout 2012, Wellness Coordinator, Sean Kenny will be on campus providing useful information for starting your own walking workout



## WALK THE WALK

### Start! Online Walking Program

Bakersfield College is proud to partner with the American Heart Association's Start! Campaign, a physical activity initiative to fight heart disease and stroke by getting people moving through workplace walking programs.

BC Be Fit! participants can now register for MyStart! Online – a **FREE web-based fitness and nutrition tool** that offers a consistent way to measure personal improvement.

With MyStart! Online, participants can:

- Track their daily physical activity in distance and minutes
- Track their daily caloric intake
- Map a customized walking route near their home
- Receive monthly Start! Newsletters with expert advice on fitness and nutrition. Access to resources such as nutritional information recipes and calorie charts

Register for MyStart! Tracker by visiting [www.startwalkingnow.org](http://www.startwalkingnow.org)

**Renegade Walkers – Walk DAILY!**

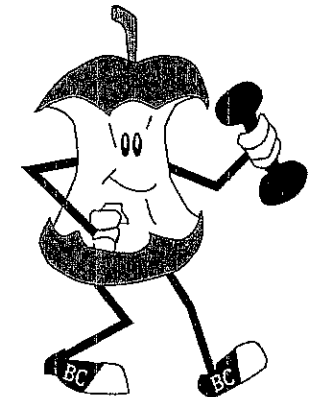


A Student Government Association and Student Health & Wellness Program

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## RENEGADE WALKERS

## BC Be Fit!



HEALTHY CAMPUS 2012

**FOR MORE INFO:**  
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**SEE OUR FACEBOOK PAGE!**

