

Think healthy. Act healthy. Stay healthy.

# SoundLivingnews

DECEMBER 2006

## There's Still Time

The Get Fit & Eat Healthy Walking Challenge ends on January 30. That means you have about one more month to accumulate enough steps to help your school/department win the Grand Prize: **A free healthy lunch for all faculty and staff.**

### Participate to Win

When you participate in the Get Fit & Eat Healthy Walking Challenge, you have the chance to win:

**Grand Prize:** The school/department that has accumulated the highest percentage of steps will win a free healthy lunch for all faculty and staff.

**Milestone Reward:** You will win a Get Fit & Eat Healthy t-shirt when you reach 286,000 steps.

**Participant Drawing:** You can be one of 10 individuals who will be randomly selected to receive a prize, such as a DVD player, a heart rate monitor, electronic toothbrush and more, when you track your steps online.

**Get fit &  
Eat healthy**  
Walking Challenge

## Just Steps Away

Complete the following steps before January 30 to participate in the Get Fit & Eat Healthy Walking Challenge:

- **Step 1:** Get a free pedometer—If you haven't already, get your free pedometer from The Sound Partnership when you take the online Quick Poll at [www.tsp-soundliving.com](http://www.tsp-soundliving.com). Or, you can purchase a pedometer at most sporting goods stores.
- **Step 2:** Complete the walking log registration on [www.tsp-soundliving.com](http://www.tsp-soundliving.com). You only need to register once. You are responsible for entering your steps on the *Sound Living* website. Only the steps logged online will count toward the walking challenge Grand Prize.
- **Step 3:** Walk or run during the months of December and January...on weekends too. Just remember to wear your pedometer and record your steps.

walk on . . .

# Add Steps to Your Day

Help your school/department win the Grand Prize. Accumulate and record as many steps as you can before January 30. Here are some ideas to help you add steps to your day:

- Walk at lunch.
- Pace while talking on the phone.
- Park several blocks from your destination or park at the rear of the parking lot.
- March in place while watching TV.
- Go around the block when you walk to the mailbox.
- Walk around the grocery store before you begin your shopping.
- Enter and participate in a charity walk or run.
- Use a treadmill or walk in the mall on rainy days.
- Take the stairs instead of the elevator (up and down).
- Explore a hiking trail.
- Tour a museum, park or zoo.
- Walk the golf course instead of renting a cart.
- Walk the last few blocks instead of riding the bus all the way to work.
- Park at the opposite end of the mall from where you need to shop.
- Walk to do shopping or other errands.
- Walk or dance while listening to music.
- Walk to a restroom or copy machine on a different floor.
- Host "walking meetings" and walk and talk instead.
- Plan active weekends.

## Why Walk?

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Moderate daily physical activity can help to:

- Strengthen the heart—reducing the risk of coronary heart disease and strokes
- Reduce blood pressure, high blood cholesterol, your weight, the risk of type 2 diabetes
- Lessen the risk of breast cancer
- Make you feel good—walking improves self esteem and relieves symptoms of depression and anxiety
- Boost your energy levels
- Strengthen joints and bones, reduces lowers back pain
- Build up muscle strength and flexibility which aids your balance and coordination, lessening the risk of falls as you get older
- Reduce stress and worry, especially if you walk by water or through trees
- Build family relationships by getting your children into healthy routines

Visit the *Sound Living* website for local walking clubs and local walking trail and park maps. Go to [www.tsp-soundliving.com](http://www.tsp-soundliving.com) and select *Useful Links* from the home page.

# Act healthy.

## Coming Up 2007

In February, the Walking Challenge Grand Prize winner will be announced. Then, the free healthy lunch will be scheduled for some time before the end of the 2006-2007 school year.

After the announcement, you will be asked to complete an evaluation and feedback form. Measurement is an important component of the walking challenge. Your feedback will help direct us in the future development of wellness programs and activities throughout the District.

The Sound Partnership will be moving ahead in 2007 to offer the next phase of health and wellness education, including information on health and nutrition.

Just because the walking challenge ends on January 30, doesn't mean you have to stop your walking routine. We hope that the walking challenge has encouraged you to become a lifelong exerciser!

# Stay healthy.