

Think healthy. Act healthy. Stay healthy.

SoundLivingnews

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Make Time to Move

We all have excuses for not exercising. But, if time keeps you from starting an exercise routine, then here's some good news: You can *make* time to move! Since there's 24 hours in a day, you can build in time to exercise, just like you build in time for work and family. One thing is for certain, exercise is never a waste of time. If you're still not convinced, try the following ideas:

Free Pedometer from The Sound Partnership

Track your steps daily with a basic pedometer while participating in the Get Fit & Eat Healthy Walking Challenge. Receive a free pedometer from The Sound Partnership when you take the online Quick Poll at www.tsp-soundliving.com.

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 the accumulated the highest percentage of steps will win a free healthy lunch for all faculty and staff.

Milestone Reward: You can win a Get Fit & Eat Healthy t-shirt when you reach 286,000 steps—the number of steps it takes to walk from Tacoma to Portland (or 143 miles).

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.

Only the steps logged online at www.tsp-soundliving.com will count toward the walking challenge prizes.

Get fit &
Eat healthy
Walking Challenge

Make Time at Work

Americans spend over 1,800 hours a year at work. Sixty-three percent of Americans log more than 40 hours a week, according to a recent Expedia.com survey. With all that time at work, you can find 30 minutes a day to walk. Here's how:

- Participate in the Get Fit & Eat Healthy Walking Challenge—**Monday, October 2** through **Tuesday, January 30, 2007**.
 - All faculty and staff, District-wide, are eligible to participate in the challenge.
- Go for a walk on your lunch break.
 - Walk with a friend.
 - Climb a flight of stairs.
 - Find alternative routes around work during inclement weather. For example, walk inside the gym, or the inside perimeter of your building. Or go to the mall and spend 30 minutes to an hour walking inside.
- Walk to and from work if your commute allows.



Make Time with Your Kids

Kids change your life. When you're not running after them, you're probably catching up on your sleep and chores and probably don't prioritize catching up on exercise. Now you can.

- Exercise with your kids. Go to a community pool or a local park and participate in their activities. Maps of local parks are available on www.tsp-soundliving.com under *Useful Links*.
- Enroll in a gym that offers child care services by the hour so you can get in a workout and not worry about hiring a sitter.
- Walk your kids to and from school.
- Sign up for community sports or exercise classes that include children *and* adults.

Enter Your Steps to Win

You will be responsible for entering your steps on the *Sound Living* website at www.tsp-soundliving.com. An online walking log will track the results, and at the end of four months, the school/department that accumulates the highest percentage of steps will receive a free healthy lunch.

Why Walk?

Moderate, daily physical activity can help to reduce blood pressure, high blood cholesterol, your weight, the risk of type 2 diabetes and boost your energy levels.

walk on . . . Studies show that a healthy lifestyle, along with appropriate health care decisions, can have a significant impact on your health and your health care costs.

Make Time at Home

You don't have to buy a home gym to be active. You may be getting 30 minutes of exercise a day already, by climbing the stairs in your home or working in the yard. Here are some other ideas:

- Hide the remote control. Not only will you think twice about watching television, but if you do, you'll have to get up to change the channel. If you can't do without television, then exercise while watching your favorite show.
 - Start by exercising during commercials. A 30-minute television show has about 10 minutes of commercials that you can use to do:
 - Pushups and sit-ups, 10 of each
 - Chair squats for the length of the commercial
 - Jumping jacks for the length of the commercial
 - As you increase your activity, incorporate free weights into your workout. Start light and then slowly increase the weight. While seated on a chair you can do bicep curls, overhead shoulder presses, side and front arm raises and triceps extensions.

Visit the *Sound Living* website for examples of strength training workouts and more under *Useful Links*.

Maybe time isn't the barrier that keeps you from being active. Maybe you have another personal barrier, such as lack of motivation. Find out what your personal barrier is by taking the *Barriers to Being Active Quiz* on www.tsp-soundliving.com.