

Walking is good exercise for the legs, heart, and lungs, but it is not a complete exercise program. The exercises that follow are designed to increase flexibility and strength and to serve as a "warmup" for walking.

Stretcher - Stand facing wall arms' length away. Lean forward and place palms of hands flat against wall, slightly below shoulder height. Keep back straight, heels firmly on floor, and slowly bend elbows until forehead touches wall. Tuck hips toward wall and hold position for 20 seconds. *Repeat exercise with knees slightly flexed.*

Reach and Bend Stand erect with feet shoulder-width apart and arms extended overhead. Reach as high as possible while keeping heels on floor and hold for 10 counts. Flex knees slightly and bend slowly at waist, touching floor between feet with fingers. Hold for 10 counts (If you can't touch the floor, try to touch the tops of your shoes.) *Repeat entire sequence 2 to 5 times.*

Knee Pull - Lie flat on back with legs extended and arms at sides. Lock arms around legs just below knees and pull knees to chest, raising buttocks slightly off floor. Hold for 10 to 15 counts. (If you have knee problems, you may find it easier to lock arms behind knees.) *Repeat exercise 3 to 5 times.*

For more information click on:
American Council on Exercise
www.acefitness.org/fitfacts

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UNIVERSITY HEALTH AND COUNSELING SERVICES

www.uww.edu/stdrscs/uhcs
Corner of Prairie and Starin
Division of Student Affairs, UW-Whitewater
www.uww.edu/staffair

Hours

Monday-Friday 8:00 - 4:30; summer & evening hours may vary.

Health Services 472-1300

- * Examinations and treatment for illnesses and minor injuries
- * Laboratory tests and medications
- * Allergy injections and immunizations
- * Pelvic exam and Pap test
- * Contraceptives
- * STD and HIV antibody testing
- * Cold self care
- * Referrals to specialists
- * Phone consultations with RN
- * Rehabilitation for students with disabilities

Counseling Services 472-1305

- * Individual counseling for many concerns, including...
 - * Relationships
 - * Depression
 - * Self-esteem
 - * Values clarification
 - * Alcohol and other drugs use
 - * Sexual assault and abuse
 - * Decision-making
 - * Anxiety
 - * Sexual orientation
 - * Stress
- * Group counseling options
- * Consultations with staff
- * Referrals to community agencies
- * Crisis intervention
- * Practicum training site

Wellness Services 472-1300 ext. 2244

- * Lobby Resource Center
- * Royal Purple column
- * Bulletin board kits
- * Educational presentations
- * Web site
- * Posters
- * Wellness booths
- * Program kits

Employee Assistance Program 472-1305

- * Confidential assistance and referral for employees with concerns such as:
 - * Stress
 - * Depression
 - * Finances
 - * Alcohol and other drug use
 - * Troubled coworkers
 - * Marriage/family
 - * Health

24-Hour Emergency help:

911 Whitewater Rescue Squad

472-1060 Sexual Assault Response Team
262-741-3200 or 1-800-365-1587 Crisis Line

Get Active

Get Fit

Specializing in the Unique Needs of College Students

Walking for exercise and pleasure

Walking is particularly attractive because of its safety and accessibility. Walking burns approximately the same amount of calories per mile as does running, Although increasing walking speed does not burn significantly more calories per mile, a more vigorous walking pace will produce more dramatic conditioning effects. Recent studies show that there are also **residual benefits** to vigorous exercise. For a period of time after a dynamic workout, one's metabolism remains elevated above normal, which results in additional calories burned.

In some weight-loss and conditioning studies, walking actually has proven to be more effective than running and other more highly-touted activities. That's because it's virtually injury-free and has the lowest dropout rate of any form of exercise.

Like other forms of exercise, walking appears to have a substantial **psychological payoff**. Beginning walkers almost invariably report that they feel better and sleep better, and that their mental outlook improves.

Smokers who begin walking often cut down or quit. There are two reasons for this. One, it is difficult to exercise vigorously if you smoke, and two, better physical condition encourages a desire to improve other aspects of one's life.

Examples of moderate amounts of physical activity

Everyday Activities

Washing and waxing a car for 45-60 minutes

Washing windows or floors for 45-60 minutes

Gardening for 30-45 minutes

Wheeling self in wheelchair for 30 minutes

Pushing a stroller 1.5 miles in 30 minutes

Raking leaves for 30 minutes

Walking briskly to class for 30 minutes

Shoveling snow for 15 minutes

Stair climbing for 15 minutes

Rollerblading to run errands for 30 minutes

Recreation

Playing volleyball for 45-60 minutes

Playing touch football for 45 minutes

Walking 2 miles in 40 minute

Basketball (shooting baskets) 30 minutes

Bicycling 6 miles in 30 minutes

Dancing fast (social) for 30 minutes

Jumping rope for 15 minutes

Swimming laps for 20 minutes

Basketball (playing game) for 15-20 minutes

Cross country skiing 4 miles

An increase in activity is an important part of a **weight management** program. Weight loss occurs because of decreased caloric intake and increased activity or calorie expenditure. Physical activity is essential to prevent weight regain. In addition, exercise has a benefit of reducing risks of cardiovascular disease and diabetes, beyond that produced by weight reduction alone. Start exercising slowly, and gradually increase the intensity.

All adults should set a long-term goal to accumulate at least 30 minutes or more of moderate-intensity physical activity on most, and preferably all, days of the week.

Also, try to increase "everyday" activity such as taking the stairs instead of the elevator. Reducing sedentary time is a good strategy too. Increase activity by undertaking frequent, less strenuous activities. With time, you may be able to engage in more strenuous activities. Competitive sports, such as tennis and volleyball, can provide an enjoyable form of exercise for many, but care must be taken to avoid injury.

Activity Progression

Your exercise can be done all at one time, or intermittently over the day. Initial activities may be walking or swimming at a slow pace. You can start out by walking 30 minutes for three days a week and can build to 45 minutes, at least five days a week. With this regimen, you can burn 100 to 200 calories more per day. Start with light activity such as slow walking of 24 minute/mile, shooting pool, light water aerobics and table tennis.

Then progress to walking 15 minute/mile, lap swimming, canoeing, cycling, skiing, tennis, Pilates and dancing. High activity would include walking 10 minute/mile, jumping rope, basketball, climbing, or soccer/football.