



# Starting a Walking Program



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In our continuing efforts to promote wellness throughout the church, we are proud to introduce this step by step manual on how to create a 5K walking program. This manual has been designed to get your employees more physically active and ultimately improve their health.

With this manual, you'll discover that implementing a wellness initiative in the workplace is easier than you think. We have provided an easy to follow guide that will help you through each step of the process. We have included everything you will need, from a letter to your bishop/supervisor to program evaluation forms.

By simply using this step-by-step guide, you can get your employees moving and in time reap the benefits of a healthy workplace. With this manual, you have the necessary tools to move your diocese/group forward in the realm of wellness. You have already taken one step in the right direction by picking up this manual. So, take a deep breath, take another step, and get started today!

## Getting Senior Level Support

Getting senior level support is the first critical step when planning your program and is essential in implementing a walking program at work. Ultimately, they are the ones who have the final say on matters of resources and budget.

**Below is a copy of a proposal we created at the Medical Trust when we implemented our own walking program:**



### Why We Should Organize and Participate In a Departmental 5K walk/run?

- As an enterprise, we strongly emphasize the importance of health and wellness to all of our clients and members through different methods of communication including *Health & Wellness News*, our annual *Health Benefits Conference*, Diocese/group Health fairs, wellness presentations, *Planning For Tomorrow* conferences, and benefit education meetings.
- As an enterprise, we have the opportunity to lead by example and set the foundation for creating a culture of wellness within the church.
- Participating in a departmental wellness activity such as a 5K is one way to get our colleagues actively involved, raise awareness, and engage in a healthy lifestyle to prove that we are all “Well to Serve” our members.
- In summary, we would “walk the walk”. We have a unique opportunity as the health plan sponsor to provide leadership by example.

### Scope and Action Plan

A 5K walk/run is equivalent to 3.1 miles.

Our overall objective will be to work as a team and support one another from training to completion. We believe it is necessary to offer a challenge that is both reasonable and achievable like a 5K walk or run which will take place in the New York City Metro Area. We will promote the 5K walk/run within the Medical Trust.

Team formation will be completed by the end of January. Training will begin by February followed by the event in early May 2010.

Most of the training will be independent. We will meet once a week as a team to discuss training, diet, injuries and raise any questions or concerns we may be facing throughout our training. Every other week this meeting will take place off CPG premises for group training.

In addition, a public domain will be created for participants where they can share stories, questions, and concerns and provide support for one

another. A shared folder will also be created to store training plans and other materials and articles (The Couch to 5K Running Plan) pertinent to training.

### Financial Support

We are asking for the The Medical Trust to support us with our proposed plan. Monetary contribution will be gladly accepted.

### Suggested Events (Dates and locations)

5K Walk/Run

The 9th Annual NYPD Memorial 5K on May 16, 2010

## Determine Your Goals and Objectives, Recruit a Team, and Develop a Budget

Below is a list of goals and objectives you may want to consider when planning your program.

### Sample Goals

- Increase physical activity among employees.
- Increase educational awareness among employees about the benefits of walking.
- Motivate employees toward making positive health behavior changes.
- Collect data to support future program decisions.

### Sample Objectives

- To have 25% of the employee population participating in the walking program.
- To have 85% of participants able to list the benefits of walking by the program's end.
- To achieve a 90% participant completion rate.

### Recruit a Team

You don't have to do this alone. Create a wellness team to lighten the work load. As you go about establishing your wellness team, you'll want to make sure that you get the right people involved (e.g., big picture thinkers, worker bees, hard core volunteers, etc.). You'll also want this team to be as diverse as possible to get a wide perspective of what your employees want/need as far as this program goes. If you're successful, your wellness team will provide the support and guidance to successfully execute one of the best programs your diocese/group has ever offered.

### Develop a Budget



Don't let the word 'budget' deter you from starting a walking program. You don't need a lot of money for your program to be successful. Realistically speaking, you only need to set aside some dollars for basic printing costs. All the rest such as pedometers, T-shirts, incentives and prizes are pretty much optional or items that you can get for no or low cost. You may want to consider charging participants registration fees for the 5K event to give them some accountability. Remember, the Episcopal Church Medical Trust is here to assist you in having a successful program. Please call us at (800) 441-7118 if you have any questions or would like to request our assistance.

### Promoting Your Walking Program

**Traffic is good!** Identify high traffic areas in your building (bathrooms, break rooms, coffee machines, water coolers etc.) to post your promotional flyers inviting everyone to your kick off meeting. Make sure your flyers are clear, easy to understand, and printed large enough to read when passing by. Always let people know who they can contact for details (name and phone number).

**Diversify your information.** Use all the channels of communication at your disposal. For example, billboards, newsletters, internet or intranet sites, and important meetings are just a few of the ways you can better promote your activities. Once you've decided where you will promote, you need to choose what type of materials to utilize. There are several options to choose from, including posters, table tents, paycheck stuffers, or even e-mails. No matter what you decide, be sure to include the basics—who, what, where, when and why.

**Timing is everything.** Another step to effective promotion is determining the right time to deliver the message. You may want to take advantage of departmental meetings, social gatherings, holiday party etc. to convey your message.

**Kicking it off.** Schedule a time and place for participants to get together. This “rally” should pump up participants as well as lay the groundwork for the campaign. Communicate the goal to all participants. Also, be sure to talk about when and where participants get their weekly handouts. A great way to kick a program off is to bring in an entertaining and motivating guest speaker. Check around to find out who's the guru in your area and get them on your calendar. You'll be amazed at how much enthusiasm they can generate.

**Keep the momentum going.** Each week you should distribute handouts and emails to your participants (Handouts provided in the Participant's Materials section). These handouts cover issues specific to walking, motivational questions, and resources for more information. Some participants will lose their information — putting extra handouts in different areas will minimize this predicament and prevent you from constantly running to the copy machine. Continue to encourage employees with occasional but routine emails. This will give the participant an opportunity to express any concerns they may have. It can also be motivating for employees to know that you are in tune with their progress.

If you want the program to run smoothly and be successful, it's important to follow through every single time. Simply, this means handing out weekly materials to participants and keeping track of their activity logs. The key is not to get behind. In addition, it's important to be creative and motivated. This is where your team members can come in handy. Find your cheerleaders and champions and put them in positions where they can encourage others.

**Are medical consent forms necessary?** As with any health promotion program that is centered on physical activity, you are faced with the inherent risks of injuries and accidents. Though walking is considered to be a light to moderate activity, potential hazards still remain — the question of obtaining medical consent forms must be raised.



Keep in mind that a participant is especially at risk if he/she:

- Has a family history of heart disease
- Smokes
- Has high blood pressure — equal to or greater than 140/90 mmHg
- Has high cholesterol — a total cholesterol greater than 200 mg/dL
- Has diabetes
- Is obese

- Is sedentary
- Is a male 45 or older, or a female 55 or older

To ensure high-risk participants' safety and health, requiring physician consent is more than likely necessary. Informing all employees of the risks and getting medical clearance for participation is ideal. *(Please note that medical consent requirements vary from state to state. You may wish to consult a legal consultant to ensure the use of the proper form.)*

## Sample Email to Senior Management/Bishop on Starting a Walking Program at Your Diocese/Group

Email from: Your Name

To: Sr. Mgt/Your Bishop/Manager

Re: Starting a Walking a Program at [your diocese/group]

Dear \_\_\_\_\_,

I am writing this email to inform you of the walking program I would like to implement within the next \_\_\_\_\_ months. The walking program will be 12-weeks long and will encourage participants to start moving to stay physically active and to prepare them for a 5K event.

I strongly believe that our employees and [your diocese/group] as a whole will benefit from this walking program. As you probably already know, 60% of American adults don't get the recommended amount of physical activity and 25% are not active at all. No doubt, our workforce is certainly not exempt from these eye-opening facts.

Since the advantages of regular physical activity include a reduced risk of developing heart disease, diabetes, high blood pressure, and depression, I am confident that this program will help our employees realize the benefits of reduced health risks and position the [diocese/group] to experience lower medical costs. At the end of the 12 week program, we can participate in a 5K walk as a group to mark the end of the program. Not only will we be walking to maintain good health, we will also be walking for a good cause.

I would very much appreciate your attention concerning this matter. Specifically, your support in the form of emails, vocal addresses to employees, or personal appearances at program meetings would be ideal. Ultimately, it would be wonderful to see you participate in this exciting program. I know our employees will have a positive response to this program if it is reinforced by your support. The Episcopal Church Medical Trust has offered us their support and expertise as collaborators in this critical mission of improved health & wellness for the Church.

(Your closing signature here)

## Below is a Copy of a Save the Date Email We Created at The Medical Trust

To: MT Staff

Subject: Save the Date! Presenting the Medical Trust Well to Serve Walk/Run Team kickoff meeting February 2nd!

Dear Medical Trust,

As you are aware, Medical Trust has launched its Well To Serve Health and Wellness Program. The most recent Health and Wellness Newsletter discussed the concept of Small Changes leading to Big Results. In order to “walk the walk” and be Well To Serve our members, clients and Dioceses, Medical Trust is creating a Well To Serve Walk/Run team. As a team, we will participate in a walk/run for charity in the Spring. We will have a kickoff meeting where people can sign up on Tuesday, February 2nd from 1 – 2:30PM in the Training Room.

### **FAQs:**

Q: *Why should I do this?*

A: According to the Mayo Clinic, just by walking, you can lower your bad cholesterol (LDL) and raise your good cholesterol (HDL). Walking and exercise also lowers your blood pressure and reduces your risk of type 2 diabetes. If you want to get strong and fit, start off small and join this event.

Q: *What is the time commitment?*

A: We will meet as a group to train once per week during lunch time.

Q: *How will I train for this event?*

A: At the weekly trainings, Health Coach Peter K will work with us on fitness, nutrition, and injury prevention. We will also train on our own within our communities, either alone or with family and friends.

Q: *Is my manager OK with me going to these weekly lunchtime trainings?*

A: All Medical Trust managers are highly supportive of the Well To Serve Walk/Run team!

Q: *Baby, it's cold outside. Where are we going to do the training?*

A: We will meet inside until the weather warms up. After that, we will move our training efforts outside in order to enjoy the nice weather!

Q: *What is the length of the event?*

A: The event will be between 5K (3.1 miles) and 4 miles.

Q: *I've never even walked a mile. Can I do this?*

A: Absolutely!!! First, anyone commuting into Penn Station is walking 0.7 miles just to get to the office every morning! From Port Authority the one way walk to the office is 0.6 miles. So, you're likely already walking at least close to the necessary mileage. Plus, we will be working together as a team and providing training plans for people of all fitness abilities.

Q: *What kind of event is it?*

A: We are currently still researching events, but are looking for one where participants can walk or run, is stroller and child friendly so that you can bring your family, and is being done for a charity.

Q: *Where will the event be?*

A: We are looking for an event in Manhattan. Most events usually occur on Saturday or Sunday mornings.

Q: *Is there any way to track my mileage?*

A: Why, yes, there is! Every week each participant will email Alison with their weekly training mileage (and this can include any part of your daily commute that you walk or run). Alison will tally everyone's mileage, and keep a running tab. At the end we will be able to see how far we have collectively run/walked as a group!

Q: *Wow, this sounds great! How do I sign up?*

A: We're glad you like it. If you think you would like to participate, please reply to this email. Also, look for the invitation coming soon. But in the meantime, save the date for the kickoff meeting: 2/2/2010, 1 – 2:30PM. Healthy lunch will be served (hey, remember that we have to "walk the walk". What were you expecting, greasy cheeseburgers?).

Don't forget to SAVE THE DATE IN YOUR CALENDAR!

If you have any questions, please don't hesitate to contact Alison or Stephanie.

Thanks!

Alison and Stephanie

## Sample Email Reminder to Your Walking Program Participants on Your First Training Session

### Week 1 Email

To: MT Staff

Subject: Reminder: 5K Training Tomorrow!

Hi, 5K Team!

Just a reminder that the first 5K training will take place tomorrow, Feb. 11th at 12 Noon in the Training room.

Below are some links to training plans that you may find useful. The first discusses the basics of running. The other 3 are 5k training plans. "Couch to 5K" is a great plan for people who are interested in running a 5K but are not exercising too much currently.

I've also attached Peter K's weekly fitness planner. You can feel free to start filling it in, and you can ask Peter any questions tomorrow.

Tomorrow you should wear sneakers if you have them. Also, I think you'll be a lot more comfortable in workout clothes than work clothes. I'll be in workout clothes, so you won't be alone!

Running 101:

<http://www.runnersworld.com/article/0,7120,s6-380-381-387-2201-0,00.html>

Couch to 5K:

[http://www.coolrunning.com/engine/2/2\\_3/181.shtml](http://www.coolrunning.com/engine/2/2_3/181.shtml)

5K training, Novice:

<http://www.halhigdon.com/5K%20Training/5-Knovice.htm>

5K training, Intermediate:

<http://www.halhigdon.com/5K%20Training/5-Kinter.htm>

Finally, don't forget to track your mileage!! If people want, I can whip up an Excel file that each of you can use to send me your mileage. Let's walk/run to Hawaii and escape the snow!

Thanks,

Alison and Stephanie

## Sample Email Reminder to Your Walking Program Participants

### Week 2 Email

To: MT Staff

Subject: 5K Walk/Run Team meeting, 2/18/10, Agenda and handouts

Hi, Team!

Shoe shopping yesterday was great! And now that most of you have your shoes, let's get started! That's right, we're taking it OUTSIDE tomorrow!

The next meeting is tomorrow, Feb. 18th, from 12 – 1. Let's meet in the 6th floor conference room. Peter is going to go over the attached handouts, primarily the Fitness Planner. You need to have a plan in order to put it into action!

We'll go over the handouts for about 15 minutes, and then go outside and start working out. Therefore, please dress to workout, and bring some layers so that you'll be comfortable outside.

Talking points for tomorrow's meeting:

- Weekly fitness planner/Setting your goals
- Shoes and other gear
- Stretching
- Nutrition

Please let Stephanie or me know if you have any questions.

Thanks!

Alison

See You On February 2nd!



Please join us for the start of the Medical Trust's Well to Serve Walk/Run team.

February 2, 2010

1:00 P.M. until 2:30 P.M.

Training Room (C Level)

Come learn more about the Medical Trust's *Well to Serve* Walk/Run team. This meeting will motivate you to get started and will discuss everything you need to know about the program. Healthy lunch will be served.

If you haven't already, please RSVP to Alison Pollock at ext. 8253.

did you hear about the man  
who walked to work?

well. well. well.



*get healthier. get moving!*

take a hike.



*get healthier. get moving!*

hop, skip, jump. repeat.



*get healthier. get moving!*

if you love someone, take  
them for a walk.



*get healthier. get moving!*

don't park it; walk it.



*get healthier. get moving!*

go fly a kite!



*get healthier. get moving!*

don't get too comfortable.



*get healthier. get moving!*

be a walker so you won't  
end up needing one.



*get healthier. get moving!*



## Weekly Fitness Planner

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Sample Time 7AM Place Park Activity Jog 20 minutes						
Afternoon							
Evening							

### Running Shoe Guide

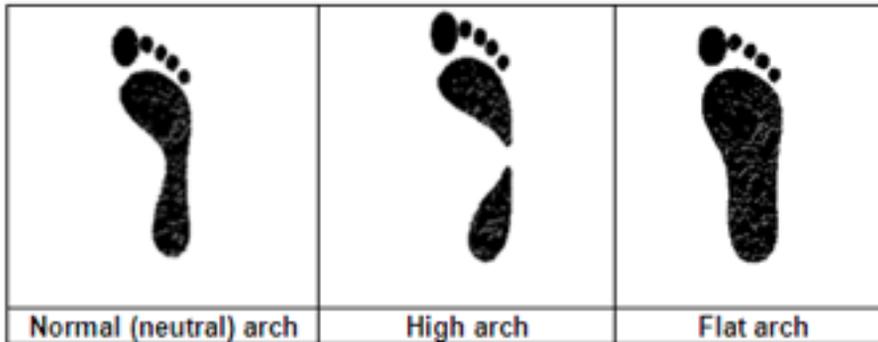
This is a general guide to finding the best running shoe

First- Identify what you will use them for ie- 5K, walking, etc.

Next- Wet your foot and step on a piece of paper to determine your foot type.

Choose your type from the table below. (Also ask your physical therapist, podiatrist)

Then- Go to a good running store and get fitted. Find your shoe and see if you can find it cheaper online.



Neutral Arch (“normal” foot): Stability Shoe

- Asics
- Brooks

Flat Arch (pronated foot): Motion Control Shoe

- Saucony
- New balance

High Arch (supinated): Neutral Cushioning

- New Balance
- Mizuno
- Saucony

Budget Running Shoes (Cheaper but still good)

- Asics
- New Balance
- Mizuno

Here are some tips to remember

- Running shoes offer the best support for running, walking, & everyday wear
- Find the shoe that’s right for you and ask for last years model (cheaper)
- Expect to pay between \$60 to \$120. You can get a very good shoe for under \$100
- Buy an inexpensive crew sock (running sock)

Here is a good article on choosing running shoes:

<http://www.consumersearch.com/running-shoes/review>

### 5 Key Stretches:

These stretches should be done everyday, especially after exercise. Hold each stretch for 30 seconds. You should feel a strong pull when you stretch, never pain.



#### **1. Hamstring Stretch**

Step your right leg forward and straighten out your knee. Bend your left knee, bend forward and reach for your toe. Make sure to keep your back flat and stretch until you feel a strong pull behind your knee and buttock. Hold this stretch for 30 seconds. Repeat on the opposite side.



#### **2. Quadriceps Stretch**

Stand tall, bring your right heel back, up and toward your buttock. Try to grab your right ankle with your right hand making sure to stand straight. Do not bend at the waist. Pull up on your ankle far enough so you feel a strong pull in the front of your thigh. Hold this stretch for 30 seconds. Repeat on the opposite side.



#### **3. Iliotibial Band Stretch**

Reach against a tree or post with your left hand. Place your left leg behind your right leg, keeping it straight. Place your right hand on your right hip, make sure not to bend forward at all, lean to your right. Push your right hip toward the left. You should feel a strong pull on the outside of your left hip. This stretch is difficult to feel and must be practiced. Hold this stretch for 30 seconds. Repeat on the opposite side.



#### **4. Gastrocnemius (Deep Calf) Stretch**

Reach against a tree or post with both your hands. Step back with your left foot, knee straight with your heel on the floor. Step forward with your right leg and bend your right knee until you feel a strong pull in your left calf. Hold this stretch for 30 seconds. Repeat on the opposite side.



#### **5. Soleus (deep calf) Stretch**

Reach against a tree or post with both your hands. Keep your right leg back with your knee bent. Step forward with your left leg and bend your knee. Lean forward as you start to sit down toward the floor until you feel a pull in your right heel. You are stretching the right deep calf muscle and the stretch sensation is not as prominent as the others. Hold this position for 30 seconds. Repeat on the other side.



# Peter K- Fit Lifestyle Expert

## "5 Minutes to Fitness+"



### 5 K Team

#### Week 1 Action Plan

Welcome to week one of your new journey. This is an exciting time for you and we want to make sure we succeed. Following the action plan below will guarantee you stay focused and get results.

1. Fill out the Success Chart
  - a. This is crucial for our success. We must have a baseline of where we are and then set goals for where we want to be
  - b. If you don't know your exact numbers then estimate. See your Dr. for a physical if it's been a while
  - c. Make sure to add dates to the chart and estimate where you would like to be when you reach your goals
  
2. Fill out your Weekly Fitness Planner
  - a. It is important to know exactly what your fitness schedule will be. You are 67% more likely to follow through when you write down your plan.
  - b. Make sure to write down the time, place, and exercise you will be doing
  - c. Start with 5 minutes of exercise, 5 times a week. If you are already exercising then increase your time by 5 minutes or make your exercise more challenging; ie, add hills to your walks.
  
3. Stretch after every workout
  - a. This will prevent injury and keep you healthy to reach your goals: See the stretching guide

Keep this experience positive by starting slow and thinking about how great you will look and feel when you reach your goals. It is normal to be nervous. Fear is the mind's natural response to anything new. Please don't interpret this normal fear as an indicator that you will fail. That's just not true. It can actually be an indicator that you can and will succeed. And remember that everyone else is just as scared as you are. You will be great! Stay focused.

## The Best Carbohydrates

I know how confusing carbohydrates can be regarding what we should and shouldn't be eating. I, as a health expert, can even become confused by all the conflicting information. That's why I put together this general list you should choose from daily. The latest news is, consuming refined sugar in excess is now considered a cause of diabetes, heart disease, some cancers and many more diseases and illnesses.

Here's what to remember:

- Buy organic whenever you can. Fresh & frozen is usually best but canned is acceptable
- Remember carbohydrates are the primary source of fuel for muscles and our brains
- They contain many of the essential vitamins and minerals needed for optimal health
- Choose foods with vibrant colors: green, red, orange, yellow
- Avoid all refined sugars- white bread, white rice, cookies, crackers, donuts, soda, sugary drinks

### **Vegetables**

broccoli  
beans  
cauliflower  
spinach  
kale  
red peppers  
brussel sprouts  
tomatoes  
green beans  
garlic  
onions  
sweet potatoes  
winter squash

### **Fruit**

blueberries  
strawberries  
apples  
oranges  
cherries  
pears

### **Grains**

whole oats (oatmeal)  
brown rice  
bulgur wheat  
quinoa  
corn  
whole grain pasta and bread

The list above is only a partial list of the best carbohydrates. There are many more. Do your own research and explore new foods.

Here is a great resource for more information  
<http://www.drweil.com/>

### How To Start Walking/Running

This is a general guide to get you walking/running safely and easily

The key to remember is keep this a positive experience and don't do too much too soon. The goal is to get up to 20 to 30 minutes of walking/running 3-5 times per week. If you plan on doing a 5K or 1/2 marathon you can start by using this guide then transferring over to another appropriate guide.

1. Make sure to address any injuries or pain you have: ie back, knees, ankles, feet
  - a. See a physical therapist or check with your sports doctor. (Try to find health experts that exercise themselves)
2. Buy a good pair of running shoes (see the running shoe guide)
  - a. These brands are best: Asics, Brooks, Saucony, New Balance
3. Plan a route. Start with a flat course.
  - a. A running track is perfect
  - b. A treadmill is acceptable but try to get outside if possible
  - c. Eventually add some hills to your route
4. Start with 5 minutes. (Don't do too much too soon. That causes injury)
  - a. Week 1: Start by walking for 1 minute and running for 1 minute. Repeat for 5 minutes. If you're a walker then walk for 5 minutes. (If that's too easy you can start with 10 minutes)
  - b. Week 2: Walk normal pace for 1 minute, walk fast/run for 2 minutes. Repeat for 10 minutes
  - c. Week 3: Walk for 1 minute, walk fast/run for 2 minutes. Repeat for 15 minutes
  - d. Week 4: Walk for 1 minute, walk fast/run for 2 minutes. Repeat for 20 minutes
  - e. Work up to running for the entire time. Walk/run 3-5 times per week
5. Stretch at the end of every workout. (See stretching guide) If you feel tightness or pain, you can stretch after 5 minutes of a light walk, then run, then stretch again

#### Gems

- Expect to be sore. This will subside as your body adapts. If you feel pain that doesn't go away, then see your physical therapist or sports doctor.
- Make sure you do resistance training 3-5 times per week for 20 minutes in addition to running. (Peter K's 5 Minutes to Fitness+ is perfect.) This will keep your muscles strong and prevent injury
- Buy the right gear to stay warm or cool depending on the weather
- Try to walk/run in the morning and wear reflective clothing and a shoe ID tag
- Eat 1 hour before your walk/run if possible: good carbs- oatmeal, whole grains
- Eat anti-inflammatory foods always: berries, salmon, walnuts, cherries, ginger, garlic, green tea, vegetables, fruit

## 5 K Team

### Week 2 Action Plan

Congratulations! It's week 2 of your new journey and you're still here. That's a big deal considering over 90% of people quit a new health program after just one week! This week make sure you:

1. Fill out the Success Chart and Weekly Fitness Planner from last week. If you didn't, go back and do it now. They are crucial to your success. Stretch after every workout. (See stretching guide)
2. Start walking/running for 10 minutes this week (see walking/running guide). You just learned how to do my “5 Minutes to Fitness+” workout today. Perform this routine 3 times a week for best results. Start with 5 minutes and work up to 20.
3. Read the “Best Carbs” guide and choose foods you will eat daily. See the attached “What to Eat Before and After Exercise” guide.
4. Keep track of your miles and send them in.
5. Think about what you did this week that was new to you. Take a moment to tell yourself good job and you are really doing it. Acknowledge any progress you have made. It's a big deal.

#### **Bonus, Carb Strategy-**

Try this trick to save 700 calories & 30 tablespoons of sugar



A glass of orange juice has 110 calories and 22 grams of sugar, with no fiber. That adds up to over 700 calories and 37 teaspoons of pure sugar per week. Try this to save almost 700 calories a week:

- fill a tall glass 3/4 full with water
- pour about an inch of orange juice in and enjoy
- better yet, eat an orange = only 45 calories & 9 grams of sugar



# Peter K- Fit Lifestyle Expert

## “5 Minutes to Fitness+”



### What to Eat Before and After Exercise

To guarantee you get the most out of your time and effort, it is crucial that you eat correctly before and after any physical activity. This assures that you have the energy to perform the activity, mental clarity to stay focused, good form to avoid injury and the nutrients to maximize your body's potential.

#### PRE EXERCISE MEAL

- eat 1 to 2 hours before exercise
- eat a whole grain (whole wheat bread, english muffin, brown rice, oatmeal)
- eat fruit or spread all natural jelly on the bread
- drink 8 oz. of water

#### POST EXERCISE MEAL

- eat immediately following exercise (within 30 min. is recommended)
- eat a good carb (see “Best Carbs guide)
- add some protein (almond butter, egg, turkey breast)
- eat a piece of fruit or drink a 100% fruit juice drink

#### *Sample Menu*

5:30 am Breakfast- oatmeal with fresh berries and glass of water  
6:30 am Workout  
7:00 am Snack- hard boiled egg, apple, water

#### Advanced Knowledge

- Muscles use glycogen for energy. Glycogen comes from carbohydrates. See “Best Carbs” to get the best energy for your muscles. Remember, muscles can only store a little glycogen at a time. If you eat too many refined carbs (sugar, white bread, white rice, soda) your body stores it as fat and can make you insulin resistant = diabetes, heart disease, cancer.
- Muscles need protein after exercise to grow. Eat great sources of protein like organic eggs, salmon, lean beef (tenderloin, sirloin, eye of round), beans, chicken/turkey, cheese, low-fat yogurt.
- If you exercise very early and cannot eat before exercise then make sure to eat good carbs the night before.
- There is no reason to drink a sports drink. Eating whole fruit and a glass of water will give you what you need as far as nutrients.

## The Best Anti-Inflammatory Foods

These foods can be as effective as prescribed and over the counter anti-inflammatory medications. Eat as many varieties as you can daily, especially if you want to reduce your risk of diabetes, heart disease, cancer and chronic pain and inflammation. Choose fresh & organic whenever possible.

Here is a list of the top ten anti-inflammatory foods you should be eating daily:

1. Wild salmon (fresh or canned)
2. Organic blueberries/dried cherries (all berries are good- dried ok but no added sugar. 3 dried cherries a day effective for inflammation)
3. Broccoli, spinach, sweet potatoes, peppers
4. Olive oil (extra virgin cold pressed)
5. Beans (all kinds, canned fine)
6. Nuts in small quantities (almonds & walnuts are best- small handful once per day)
7. Whole grains (brown rice, oats, barley, quinoa, whole grain pasta/cereal)
8. Tea (green, black, ginger, turmeric)
9. Spices (ginger, cinnamon, garlic)
10. Organic eggs



Avoid these foods:

- Fried foods
- White bread, pasta, rice
- Cookies, crackers, chips
- Refined sugar (choose foods with 5-10 grams of sugar or less)
- Saturated fats (cheeseburgers, butter)

## 5 K Team

### Week 3 Action Plan

We're really doing it! It's week 3 and we're up to 15 minutes of exercise, learned the best carbs to eat, and have the right fitness gear to succeed. Take a moment to look back to the first week and acknowledge the progress we've already made!

1. Start walking/running for 15 minutes this week (see walking/running guide).
2. Fill out the food log starting right now (see food/fitness diary). Write down everything you eat and drink and the exercise you do. Bring your food log with you next week. We will figure out the best foods we should be eating including portion sizes, best snacks, grocery shopping, and more.
3. Keep track of your miles and send them in. In fact, send us any accomplishments and we'll keep track of them!
4. Remember the 5 secrets to completing a 5K:
  - (1) Have a vision (goal)
  - (2) Find and use mentors
  - (3) Set a plan and stick to it (i.e. nutrition, fitness)
  - (4) Be accountable- That's what the food diary is all about
  - (5) Stay focused and be consistent- i.e. Put your fitness planner on the fridge
5. Ask yourself this question: “Why am I really doing this?” The answer might be different from what you thought, and you might be surprised :-)

#### **Bonus Fitness Strategy-**

Muscles need oxygen to work efficiently. Try this breathing technique:



- Inhale through your nose, exhale through your mouth.
- Try to find a breathing pattern. Example; inhale on every other right step.
- Use this breathing pattern any time you feel stressed.

## The Greek Way

### Health secrets from Ancient Greece for a modern world

Here is a general guide to living a lifestyle that helps some Greek populations live to 90 years and older! Just by eating like the Greeks- vegetables, fruit, olive oil, whole grains and fish— studies show you can reduce the risk of heart disease, cancer and obesity, helping you outlive people who don't by about six years.

**Eat lots of greens:** Spinach, dandelions, arugula, cabbages, leeks, oregano, and parsley. Some greens have more than ten times the level of antioxidants than red wine.

**Try these vegetables and fruits:** Potatoes, green beans, onions, garlic, lemons, broccoli, cauliflower, eggplant, zucchini, tomato, figs, apples, pears, cherries, or oranges.

**Make olive oil and nuts your fat of choice:** Drizzle antioxidant-rich extra-virgin oil over food after cooking, which preserves healthful properties in the oil that heat destroys. Use low heat when you cook with it. Eat walnuts, almonds and sunflower seeds in moderation.

**Dairy:** Goat's milk/cheese, yogurt, feta cheese, kafalotyri. Some people who are lactose intolerant can tolerate goat's milk products. It's also rich in a blood-pressure-lowering hormone called tryptophan as well as antibacterial compounds.

**Eat more fish, less meat:** Salmon, sardines, halibut, mussels.

**Great grains, beans and lentils:** Barley, whole wheat pita, gigante beans, & lentils. Try sourdough bread, which is high in complex carbs and may improve glucose metabolism and stave off diabetes.

**Eat Greek honey:** Greek honey contains antibacterial, anticancer and anti-inflammatory properties.

**Drink herbal teas:** Wild mint, chamomile, or other herbs can lower blood pressure, which decreases the risk of heart disease and dementia.

**Walk everywhere:** You've heard it many times. Walk and take stairs everyday, even a few feet. You'll get some sun, clear your mind, be less stressed and get more fit.

**Be more social :** Talk with neighbors, friends and family. Strong social connections are proven to lower depression, mortality, and even weight.

#### Other Greek Lifestyle Tips

- Grow your own garden
- Be spiritual
- Philosophize more
- Nap daily whenever you get the chance
- Enjoy one glass of wine a day with friends
- Dance like Zorba!

