



Recommended Cups of Fruits and Vegetables for Adults

How many cups of fruits and vegetables do you need? It depends on your gender, age, and physical activity level. For more information, visit www.mypyramid.gov.

When you think about your physical activity level, keep in mind that physical activity is moderate- to vigorous-intensity activity (such as brisk walking, jogging, bicycling, aerobics, or yard work) that you do in addition to your normal daily routine.

WOMEN				
DAILY PHYSICAL ACTIVITY	AGE	FRUITS	VEGETABLES	TOTAL
less than 30 minutes	19–25	2 cups	2½ cups	4½ cups
	26–50	1½ cups	2½ cups	4 cups
	51+	1½ cups	2 cups	3½ cups
30 to 60 minutes	19–25	2 cups	3 cups	5 cups
	26–50	2 cups	2½ cups	4½ cups
	51+	1½ cups	2½ cups	4 cups
more than 60 minutes	19–60	2 cups	3 cups	5 cups
	61+	2 cups	2½ cups	4½ cups

MEN				
DAILY PHYSICAL ACTIVITY	AGE	FRUITS	VEGETABLES	TOTAL
less than 30 minutes	19–20	2 cups	3½ cups	5½ cups
	21–60	2 cups	3 cups	5 cups
	61+	2 cups	2½ cups	4½ cups
30 to 60 minutes	19–25	2½ cups	3½ cups	6 cups
	26–45	2 cups	3½ cups	5½ cups
	46+	2 cups	3 cups	5 cups
more than 60 minutes	19–35	2½ cups	4 cups	6½ cups
	36–55	2½ cups	3½ cups	6 cups
	56–75	2 cups	3½ cups	5½ cups
	76+	2 cups	3 cups	5 cups

For more information about fruits, vegetables, and physical activity, visit us at www.cachampionsforchange.net or call 1-888-328-3483. Funded by the USDA Food Stamp Program, an equal opportunity provider and employer.

What's in a Cup?

Adults need 3½ to 6½ cups of fruits and vegetables every day for good health. To find out your specific recommended amount, visit www.mypyramid.gov.

WHAT COUNTS AS 1 CUP?

- 2 medium carrots
- 1 large tomato
- 3 broccoli spears
- 1 large ear of corn
- 8 large strawberries
- 1 small apple
- 1 mango
- 32 seedless grapes
- 1 medium pear

WHAT COUNTS AS ½ CUP?

- 10 string beans
- 1 medium orange
- 6 asparagus spears
- 8 baby carrots
- 6 canned peach slices (it is best to pick canned fruit packed in 100% fruit juice)

OTHER WAYS TO GET THE RECOMMENDED AMOUNT OF FRUITS OR VEGETABLES:

- Make a lunchtime side salad with 1 cup of raw, leafy greens
- Snack on ¼ cup of dried fruit
- Have ½ cup (4 ounces) of 100% fruit or vegetable juice with breakfast



Health Benefits of Eating Fruits and Vegetables

Fruits and vegetables are some of the healthiest and best tasting foods. They are low in sodium and calories, and most are fat free. Reach for blue, purple, green, white, yellow, orange, and red fruits and vegetables for your meals and snacks. They help your body get the vitamins, minerals, fiber, and other natural substances it needs to stay healthy.

FRUITS AND VEGETABLES, AS PART OF A HEALTHY DIET, MAY HELP YOU:

- Control your weight
- Lower your risk of stroke, heart disease, and high blood pressure
- Reduce your risk of type 2 diabetes
- Lower your risk of some types of cancer
- Boost your energy level
- Look and feel great!

Fruit and Vegetable Scoreboard



Name: _____ Name of your buddy: _____

Adults need 3½ to 6½ cups of colorful fruits and vegetables every day. The amount that is right for you depends on your age, gender, and physical activity level. To find out how many cups you need for good health, visit www.mypyramid.gov.

My daily recommended amount of fruits is _____ cups.

My daily recommended amount of vegetables is _____ cups.

For each day of the week, record the cups of fruits and vegetables you've eaten. Then add up the cups you've eaten each day to get your total.

FRUITS AND VEGETABLES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fruits							
Vegetables							
Total Cups Each Day							

FRUIT AND VEGETABLE GOALS FOR THE WEEK

Three steps I need to take to meet my recommended amount of fruits and vegetables. (Examples: pack healthy snacks; write a shopping list and include lots of fruits and vegetables; find a buddy to support my efforts to eat healthier)

1. _____ 2. _____ 3. _____

My reward for meeting my recommended amounts of fruits and vegetables is:

(Examples: go dancing; plan a fun activity with my family; spend a day with my best friend)



My Meal Plan

Use this handout to plan a day of meals and snacks. Your goal is to include the number of cups of fruits and vegetables during the day that are right for you. Review the *Recommended Cups of Fruits and Vegetables for Adults* handout or visit www.mypyramid.gov to find out how many cups of fruits and vegetables you need for your plan. Under each meal and snack, list all the foods that you would eat. Remember to include at least one fruit or vegetable with each meal. You do not have to plan all 3 snacks. When you finish your plan, circle the foods that are fruits and vegetables or have fruits and vegetables in them, and make sure you are getting the recommended amount for good health.

Meals

Snacks

BREAKFAST:	MORNING SNACK:
LUNCH:	AFTERNOON SNACK:
DINNER:	EVENING SNACK:

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Recommended Minutes of Physical Activity for Adults

HOW MANY MINUTES OF PHYSICAL ACTIVITY DO I NEED EVERY DAY FOR GOOD HEALTH?

- To take care of your health and reduce the risk of chronic diseases, you need at least 30 minutes of moderate-intensity physical activity every day.
- To keep your weight under control, you need 60 minutes of moderate- to vigorous-intensity physical activity on most days of the week.
- If you lost weight and want to keep it off, you need 60 to 90 minutes of moderate-intensity physical activity every day.

I HAVE CHILDREN IN MY FAMILY. HOW MANY MINUTES OF PHYSICAL ACTIVITY DO THEY NEED EVERY DAY FOR GOOD HEALTH?

- Children and teenagers need at least 60 minutes of moderate- to vigorous-intensity physical activity every day.

WHAT IS MODERATE-INTENSITY PHYSICAL ACTIVITY?

- This level of physical activity gets you up and moving and makes your heart beat faster. Examples include brisk walking, biking, taking the stairs, dancing, and raking leaves.
- A person who is being physically active at a moderate-intensity level should be able to carry on a conversation comfortably with their activity partner.
- If a person is able to sing while being physically active, they are working at a light-intensity level and should raise their intensity.

WHAT IS VIGOROUS-INTENSITY PHYSICAL ACTIVITY?

- This level of physical activity makes you breathe hard and sweat. Examples include running, jogging, playing soccer, fast dancing, and fast biking.
- A person who is being physically active at a vigorous-intensity level should be able to say a few words, but cannot carry on a conversation.
- If a person is gasping for air or unable to catch their breath during physical activity, they should lower their intensity right away.



Health Benefits of Physical Activity

Physical activity can bring you many health benefits. It is good to enjoy doing moderate-intensity physical activity on a regular basis because it:

- Makes you look and feel great
- Gives you more energy
- Lowers stress and helps you relax
- Helps you get to and keep a healthy body weight
- Lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and certain types of cancer
- Helps build and keep healthy bones, muscles, and joints

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Health Benefits of Strength Training

Strength training with resistance bands or light weights, or performing stomach crunches or leg lifts benefits you by:

- Increasing your metabolism to help achieve and maintain a healthy body weight
- Maintaining strong bones
- Improving your coordination
- Improving your posture



Physical Activity Scoreboard

Name: _____ Name of your buddy: _____

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- To keep you weight under control, you need 60 minutes of moderate- to vigorous-intensity physical activity on most days of the week.
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WHAT IS VIGOROUS-INTENSITY PHYSICAL ACTIVITY?

This level of physical activity makes you breathe hard and sweat. Examples include running, jogging, playing soccer, fast dancing, and fast biking. A person who is being physically active at a vigorous-intensity level should be able to say a few words, but can't carry on a conversation.

SETTING MY PHYSICAL ACTIVITY GOAL

- My goal is _____ minutes of moderate/vigorous-intensity physical activity every day. (Examples: 30, 60, or 60+ minutes)
- Three steps I need to take to meet my physical activity goal. (Examples: walk whenever I can; find a buddy to join and support me in my physical activity routine; try new physical activities that will keep me moving)

1. _____ 2. _____ 3. _____

- My reward for meeting my physical activity goal is:
(Examples: share a healthy picnic or meal with my buddy; prepare my favorite healthy recipe to share with my friends and family; go dancing)

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CHARTING MY PROGRESS

You can divide your daily goal into several 10- to 15-minute physical activity breaks and slowly increase the time as you become more active. For each day of the week, fill-in the type of physical activity and amount of minutes you spent doing it. Then total the minutes for each day to see how well you did in meeting your physical activity goal.

PHYSICAL ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Moderate/ Vigorous Physical Activity Every Day	Activity _____ Minutes _____						

WHAT ABOUT STRETCHING AND STRENGTH TRAINING?

- It is good for your health to improve your flexibility and strengthen your muscles 2 to 3 days a week.
- Flexibility can be improved by stretching the muscles in your arms, legs, shoulders, and other parts of your body.
- To strengthen muscles, try leg-lifts, stomach crunches, arm-curls, doing push-ups, use tension bands, or weight lifting.

For each day, fill-in the type of stretching or strength training you did.

PHYSICAL ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Stretching 2 to 3 Days per Week	Activity _____ _____						
Strength Training 2 to 3 Days per Week	Activity _____ _____						

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Seasonality Guide

The Seasonality Guide shows when fruits and vegetables are readily available throughout the year.

Spring

apricots
artichokes
asparagus
avocados
bell peppers
collard greens
grapefruit
green peas
guavas
mangos
oranges
papayas
rhubarb
strawberries
Swiss chard

Summer

apricots
avocados
bell peppers
cantaloupe
cherries
corn
grapes
green beans
green peas
honeydew
mangos
nectarines
okra
papayas
peaches
pears
plums
strawberries
Swiss chard
tomatoes
valencia oranges
watermelon
yellow squash
zucchini

Fall

acorn squash
Brussels sprouts
butternut squash
chayote squash
cherimoya
grapes
green beans
honeydew
kiwifruit
okra
pears
persimmons
pomegranates
pumpkins
sweet potatoes
Swiss chard
tangerines
tomatoes
turnips

Winter

avocados
Brussels sprouts
chayote squash
cherimoya
collard greens
grapefruit
guavas
kiwifruit
mustard greens
oranges
pears
tangerines
turnips

Year Round

apples
bananas
beets
bok choy
broccoli
cabbage
cactus leaves
canned fruits and vegetables
carrots
cauliflower
celery
chili peppers
cucumbers
dried fruit
eggplant
frozen fruits and vegetables
garlic
green onion
jicama
kale
leeks
lemons
lettuce
limes
mushrooms
onions
parsnips
pineapples
potatoes
radishes
spinach
tomatillos
100% fruit juice
100% vegetable juice

Smart Choices on the Go

Eating the recommended amount of fruits and vegetables can be a challenge when you eat away from home. When you eat at a restaurant, here are a few simple tips that will help you enjoy more fruits and vegetables:

- Get off to a good start by ordering a plate of fresh fruit for breakfast.
- Select 100% fruit or vegetable juice.
- Order vegetable soup and a side salad for lunch.
- Order sandwiches or wraps that include several vegetables, such as lettuce, tomatoes, bell peppers, chili peppers, cucumbers, or other raw vegetables.
- Select vegetable pizzas for dinner with three or more vegetable toppings, such as bell peppers, onions, and mushrooms.
- Order stir-fry entrées that include a good portion of vegetables.
- Select taco salads with plenty of lettuce, tomatoes, beans, avocado, cabbage, and onion.
- Order steamed or grilled vegetables as a side dish.
- Order fresh fruit for dessert.

Power Up at Work

Eating fruits and vegetables while at work can be easy and tasty. Here are a few simple steps you can take to enjoy fruits and vegetables throughout your workday:

ENJOY HEALTHY SNACKS

- Enjoy dried fruits, such as dried apricots and raisins, for a mid-morning snack.
- Eat crisp vegetables, such as baby carrots, celery, and broccoli florets, for a mid-afternoon pick-me-up.
- Drink 100% fruit or vegetable juice any time of the day.

PACK HEALTHY LUNCHES

- Bring vegetables like lettuce, tomato, and onion to put on your sandwich.
- Add a piece of fruit like a banana, plum, or mango to your lunch.
- Have cut vegetables instead of chips.
- Keep a container of vegetables ready to go on the top shelf of your refrigerator so it is easy to add them to your lunch.
- Bring a hearty salad with lowfat dressing.
- Pack leftover cooked vegetables and sprinkle with lemon juice.
- Bring a container of vegetable soup or vegetable stew.
- Pack salsa and corn tortillas.

SELECT HEALTHY CHOICES WHEN THEY ARE AVAILABLE

- Select raw or steamed vegetables instead of French fries.
- Choose a tasty salad with plenty of your favorite vegetables.
- Add extra lettuce, tomato, onion, and avocado to a sandwich.
- Order 100% fruit juice instead of soda.
- Choose fresh fruit for dessert.

Steps to Advocate for Fruits, Vegetables, and Physical Activity in Your Community



1. **Bring together a group** of 5 to 10 people who are interested in advocating for fruits, vegetables, and physical activity in your community. It would be ideal if you could continue to work with your group from class. If this is not possible, bring together friends, family members, neighbors, or co-workers.
2. **Determine what you want** to advocate for in your community. Choose one thing in your community that could increase fruit and vegetable consumption and one thing that could increase physical activity.

Here are a few examples of things you can advocate for in your community to increase fruit and vegetable consumption:

- Request that fast food restaurants in your community serve more fruits and vegetables at reasonable prices.
- Urge your local grocery store to sell quality fruits and vegetables at affordable prices.
- Request the establishment of a farmers' market in your community.
- Request that a community garden be placed in your neighborhood so that you and your neighbors can grow your own fruits and vegetables.

Here are a few examples of things you can advocate for in your community to increase physical activity:

- Work with local law enforcement to have a safe walking zone in your community.
- Request that the Department of Transportation construct bicycle lanes in your community so that you and your neighbors will be able to ride your bicycles safely.
- Work with your local schools to provide after-hours and weekend access to recreation facilities, gyms, and/or soccer fields.
- Work with the Department of Parks and Recreation to upgrade walking paths in your community park.

3. **Work with your group to create a clear and concise problem statement** for your fruit, vegetable, and physical activity issues.

Here are examples of fruit and vegetable problem statements:

- The fast food restaurants in our neighborhood do not serve fruits and vegetables at reasonable prices.
- The grocery store(s) in our neighborhood do not sell quality fruits and vegetables at affordable prices.
- There is not a farmers' market in our neighborhood.
- There is not a community garden in our neighborhood.

Here are examples of physical activity problem statements:

- Our neighborhood does not have safe areas where we can walk with our family members and friends.
- Our neighborhood does not have bicycle lanes, which makes it unsafe for us to ride our bicycles.
- Our local schools do not provide after-hours and weekend access to recreation facilities, gyms, and/or soccer fields.
- The walking path in our neighborhood park is unsafe and difficult to walk on, because it is littered with trash.

Once your group has developed the problem statement, make sure all group members agree with the statement.

4. **Work with your group to list the steps** that will be taken to solve the fruit, vegetable, and physical activity problems in your community. Once the group has completed the steps, make sure all group members agree with the solutions.

5. **Bring other people into your group** who can help solve the fruit, vegetable, and physical activity problems and help advocate for your solutions. You may want to enlist the help of community leaders, local business owners, and local government agencies.
6. **Let appropriate decision-makers** know about the fruit, vegetable, and physical activity problems that your group would like to solve. Make sure you clearly communicate your problem statements and steps needed to solve the problems.

Using the examples shown in steps 2 and 3, here are examples of decision-makers for the fruit and vegetable issues:

- Fast food restaurant owners, California Restaurant Association, and city and/or county officials.
- Grocery store owners, local distributors and wholesalers of fruits and vegetables, local farmers, and city and/or county officials.
- City and/or county officials, local farmers and farmer organizations, and representatives of the California Department of Food and Agriculture.
- Representatives of the Department of Parks and Recreation and the University of California Cooperative Extension.

Using the examples shown in steps 2 and 3, here are examples of decision-makers for the physical activity issues:

- Local law enforcement and city and/or county officials.
- Representatives of the Department of Transportation.
- School Principals and the District Superintendent.
- Representatives of the Department of Parks and Recreation.

Continue to discuss and advocate for improved access to fruits, vegetables, and physical activity until a reasonable outcome is achieved.

To get more help in advocating for fruits, vegetables, and physical activity in your community, visit the Center for Collaborative Planning Web site at www.connectccp.org. To get help in establishing a farmers' market in your community, visit www.ams.usda.gov and click on farmers' markets. To get more information about certified farmers' markets in California, visit www.cafarmersmarkets.com.



Fruit and Vegetable Community Assessment

ACCESS TO FRUITS AND VEGETABLES

This assessment will help you determine what is available in your community and what is needed to access quality fruits and vegetables. Take a walk through your community and fill out the *Fruit and Vegetable Community Assessment*. After you have completed the assessment, you can use the information to educate your friends, family members, neighbors, and local government officials about what is needed in your community to make it easier to get and eat more fruits and vegetables.

INSTRUCTIONS

For each question, mark “yes” if a fruit and vegetable resource is available in your community; “yes, but there are some problems” if the fruit and vegetable resource is available in your community, but it needs some improvements; and “no” if it does not exist in your community. If your community has a fruit and vegetable resource, use the following rating scale to evaluate its overall condition. If your community does not have a fruit and vegetable resource, then skip to the next question and leave the rating scale blank.

Rating Scale:

1 = Awful 2 = Many problems 3 = Some problems 4 = Good 5 = Very good 6 = Excellent

1. Is there a grocery store in your community?

- Yes No
- Yes, but there are some problems:
(Mark all that apply)
 - The fruits and vegetables are too expensive
 - The fruits and vegetables are poor quality
 - The store does not have a good selection of fruits and vegetables
 - The store mostly sells fruits and vegetables that are unfamiliar to me
 - The store does not accept food stamps/ EBT or WIC checks
 - The store is not within walking distance of my home
 - I need a car to get to the store and I do not own one
 - I cannot take public transportation to the store
 - Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

2. Is there a farmers’ market in your community?

- Yes No
- Yes, but there are some problems:
(Mark all that apply)
 - The fruits and vegetables are too expensive
 - The fruits and vegetables are poor quality
 - The market does not have a good selection of fruits and vegetables
 - The market mostly sells fruits and vegetables that are unfamiliar to me
 - The market does not accept food stamps/ EBT or WIC checks
 - The market is not within walking distance of my home
 - I need a car to get to the market and I do not own one
 - I cannot take public transportation to the market
 - Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

3. Is there a flea market or swap meet in your community that sells fruits and vegetables?

- Yes No
- Yes, but there are some problems:
(Mark all that apply)

- The fruits and vegetables are too expensive
- The fruits and vegetables are poor quality
- The market/swap meet does not have a good selection of fruits and vegetables
- The market/swap meet mostly sells fruits and vegetables that are unfamiliar to me
- The market/swap meet does not accept food stamps/EBT or WIC checks
- The market/swap meet is not within walking distance of my home
- I need a car to get to the market/swap meet and I do not own one
- I cannot take public transportation to the market/swap meet
- Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

4. Is there a convenience store in your community that sells fruits and vegetables?

- Yes No
- Yes, but there are some problems:
(Mark all that apply)

- The fruits and vegetables are too expensive
- The fruits and vegetables are poor quality
- The store does not have a good selection of fruits and vegetables
- The store mostly sells fruits and vegetables that are unfamiliar to me
- The store does not accept food stamps/EBT or WIC checks
- The store sells only fruit and vegetable juice
- The store is not within walking distance of my home
- I need a car to get to the store and I do not own one
- I cannot take public transportation to the store
- Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

5. Is there a community garden where you can grow your own fruits and vegetables?

- Yes No
- Yes, but there are some problems:
(Mark all that apply)
- The garden does not have convenient hours
 - The garden does not have any available space
 - The garden is full of litter
 - The soil in the garden is contaminated
 - The garden is not located in a safe area
 - The garden is not within walking distance of my home
 - I need a car to get to the garden and I do not own one
 - I cannot take public transportation to the garden
 - Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

6. Is there a food bank in your community?

- Yes No
- Yes, but there are some problems:
(Mark all that apply)
- The food bank does not have convenient hours
 - The food bank does not offer an adequate amount of fruits and vegetables
 - The food bank offers poor quality fruits and vegetables
 - The food bank is not in a safe area
 - The food bank is not within walking distance of my home
 - I need a car to get to the food bank and I do not own one
 - I cannot take public transportation to the food bank
 - Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

7. Are there restaurants in your community that have fruit and vegetable options on their menus?

- Yes No
- Yes, but there are some problems:
(Mark all that apply)
- The fruit and vegetable choices are limited
 - The restaurants charge more for fruit and vegetable juice
 - The restaurants charge more when fruits and vegetables are substituted for other side dishes
 - The fruits and vegetables are poor quality
 - The restaurants only serve canned fruits and vegetables
 - The fruit and vegetable menu options are more expensive
 - The only options for eating fruits and vegetables are the salad bars
 - The restaurants are not within walking distance of my home
 - I need a car to get to the restaurants and I do not own one
 - I cannot take public transportation to the restaurants
 - Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

Physical Activity Community Assessment



ACCESS TO PHYSICAL ACTIVITY OPPORTUNITIES

This assessment will help you determine what is available in your community and what is needed to access quality physical activity opportunities. Take a walk through your community and fill out the *Physical Activity Community Assessment*. After you have completed the assessment, you can use the information to educate your friends, family members, neighbors, and local government officials about what is needed in your community to make it easier to do more physical activity.

INSTRUCTIONS

For each question, mark “yes” if a physical activity resource is available in your community; “yes, but there are some problems” if a physical activity resource is available in your community, but it needs some improvements; and “no” if it does not exist in your community. If your community has a physical activity resource, use the following rating scale to evaluate its overall condition. If your community does not have a physical activity resource, skip to the next question and leave the rating scale blank.

Rating Scale:

1 = Awful 2 = Many problems 3 = Some problems 4 = Good 5 = Very good 6 = Excellent

1. Are there walking paths in your community?

- Yes No
- Yes, but there are some problems:
(Mark all that apply)
 - The paths are located in unsafe areas
 - The paths need to be repaired
 - The paths are littered with trash
 - The paths are not well lit
 - The paths are overcrowded with people
 - The paths are not within walking distance of my home
 - I need a car to get to the paths and I do not own one
 - I cannot take public transportation to the paths
 - Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

2. Is there a public swimming pool in your community?

- Yes No
- Yes, but there are some problems:
(Mark all that apply)
 - The pool is not open on the weekends
 - The pool is not open in the evenings
 - The pool is only open in the summer
 - The pool is outdoors and is not heated
 - The admission fee is too expensive
 - I do not know how to swim and the pool facility does not offer classes
 - The pool does not have a place to swim laps
 - The pool is overcrowded with people
 - The pool is located in an unsafe area
 - The pool is not within walking distance of my home
 - I need a car to get to the pool and I do not own one
 - I cannot take public transportation to the pool
 - Other problems (please describe)

Rating: (circle one)

1 2 3 4 5 6

3. Is there a recreation center open to the public in your community?

- Yes No
- Yes, but there are some problems:
(Mark all that apply)
- The center is not open on the weekends
 - The center is not open in the evenings
 - The center is only open in the summer
 - The center does not have any activities I like
 - The center has hours that do not fit into my schedule
 - The center is located in an unsafe area
 - The center is run down and needs to be repaired
 - The center is overcrowded with people
 - The center is not within walking distance of my home
 - I need a car to get to the center and I do not own one
 - I cannot take public transportation to the center
 - Other problems (please describe)
-
-

Rating: (circle one)

1 2 3 4 5 6

4. Are there bicycle lanes on the streets in your community?

- Yes No
- Yes, but there are some problems:
(Mark all that apply)
- The bicycle lanes on the street need to be repainted
 - Only some streets have bicycle lanes
 - There are no bicycle lanes on the street where I live
 - The bicycle lanes are not wide enough
 - Cars in my community drive too close to the bicycle lanes
 - Other problems (please describe)
-
-

Rating: (circle one)

1 2 3 4 5 6

5. Are there any bicycle trails in your community?

- Yes No
- Yes, but there are some problems:
(Mark all that apply)
- The trails are located in unsafe areas
 - The trails need to be repaired
 - The trails are littered with trash
 - The trails are not well lit
 - The trails are overcrowded with people
 - The trails are not near my home
 - I need a car to get to the trails and I do not own one
 - I cannot take public transportation to the trails
 - Other problems (please describe)
-
-

Rating: (circle one)

1 2 3 4 5 6

6. Are there parks, sports fields, and/or playgrounds in your community?

- Yes No
- Yes, but there are some problems:
(Mark all that apply)
- They are located in unsafe areas
 - They do not have good lighting
 - They are old and need to be repaired
 - The children's play structures are broken and dangerous
 - They are littered with trash
 - They are not open in the evenings
 - They are overcrowded with people
 - They are not within walking distance of my home
 - I need a car to get to the parks/sports fields/playgrounds and I do not own one
 - I cannot take public transportation to the parks/sports fields/playgrounds
 - Other problems (please describe)
-
-

Rating: (circle one)

1 2 3 4 5 6

7. Do the schools in your community offer after-hours access to their sports fields and/or gyms?

- Yes No
 Yes, but there are some problems:
 (Mark all that apply)
- They are not open on the weekends
 - They are not open in the evenings
 - They have hours that do not fit into my schedule
 - They are only open in the summer
 - The sports fields/gyms are in poor condition
 - Only students can use the sports fields/gyms
 - The sports fields/gyms are overcrowded
 - The schools are located in unsafe areas
 - The schools that are open are not within walking distance of my home
 - I need a car to get to the schools and I do not own one
 - I cannot take public transportation to the schools
 - Other problems (please describe)
-

Rating: (circle one)

1 2 3 4 5 6

8. Does your community offer any physical activity programs?

- Yes No
 Yes, but there are some problems:
 (Mark all that apply)
- The programs are only available in the summer
 - The programs are only available during the week
 - The programs are only offered when I am working
 - The programs are only for children
 - The programs are too expensive
 - The programs that are offered do not interest me
 - The programs are not within walking distance of my home
 - I need a car to get to the programs and I do not own one
 - I cannot take public transportation to the programs
 - Other problems (please describe)
-

Rating: (circle one)

1 2 3 4 5 6



Walkability Checklist

HOW WALKABLE IS YOUR COMMUNITY?

Take a walk with a family member or friend and decide for yourselves.

Everyone benefits from walking. But walking needs to be safe and easy. Take a walk with a family member or friend, and use this checklist to decide if your neighborhood is a friendly place to walk. Take heart if you find problems, there are ways you can make things better.

GETTING STARTED

First, you will need to pick a place to walk, like the route to school, a friend’s house, the grocery store, the park, or just somewhere fun to go.

The second step involves the checklist. Read over the checklist before you go. As you walk, note the locations of things you would like to change. At the end of your walk, give each question a rating. Then add up the numbers to see how you rated your walk overall.

After you have rated your walk and identified any problem areas, the next step is to figure out what you can do to improve your community’s score. You’ll find both immediate answers and long-term solutions under “Improving Your Community’s Score...” on the third page.

WHAT IS YOUR NEIGHBORHOOD WALKABILITY SCORE?

Take a walk and use this checklist to rate your neighborhood’s walkability.

Location of walk _____

Rating Scale:

1 = Awful 2 = Many problems 3 = Some problems 4 = Good 5 = Very good 6 = Excellent

1. Did you have room to walk?

- Yes
- Some problems (mark all that apply):
 - Sidewalks or paths started and stopped
 - Sidewalks were broken or cracked
 - Sidewalks were blocked with poles, signs, shrubbery, dumpsters, etc.
 - No sidewalks, paths, or shoulders
 - Too much traffic
 - Something else _____

Location of problems: _____

Rating: (circle one)

1 2 3 4 5 6

2. Was it easy to cross streets?

- Yes
- Some problems (mark all that apply):
 - Road was too wide
 - Traffic signals made us wait too long or did not give us enough time to cross
 - Needed striped crosswalks or traffic signals
 - Parked cars blocked our view of traffic
 - Trees or plants blocked our view of traffic
 - Needed curb ramps or ramps needed repair
 - Something else _____

Location of problems: _____

Rating: (circle one) _____

1 2 3 4 5 6

3. Did motorists drive well?

- Yes Some problems
(mark all that apply):
- Backed out of driveways without looking
 - Did not yield to people crossing the street
 - Turned into people crossing the street
 - Drove too fast
 - Sped up to make it through traffic lights or drove through traffic lights
 - Something else _____

Location of problems: _____

Rating: (circle one)

1 2 3 4 5 6

4. Was it easy to follow safety rules?

Could you and your family member or friend...

- Yes No Cross at crosswalks or cross where you could see and be seen by drivers?
- Yes No Stop and look left, right, and then left again before crossing streets?
- Yes No Walk on sidewalks or shoulders facing traffic where there were no sidewalks?
- Yes No Cross with the light?

Location of problems: _____

Rating: (circle one)

1 2 3 4 5 6

5. Was your walk pleasant?

- Yes Some unpleasant things
(mark all that apply):
- Needed more grass, flowers, or trees
 - Scary dogs
 - Scary people
 - Not well lit
 - Dirty, lots of litter or trash
 - Something else _____

Location of problems: _____

Rating: (circle one)

1 2 3 4 5 6

How does your neighborhood stack up?

Add up your ratings and decide.

Questions 1-5 Ratings Total: _____

26-30 Celebrate! You have a great neighborhood for walking.

21-25 Celebrate a little. Your neighborhood is pretty good.

16-20 Okay, but it needs some work.

11-15 There are some major problems that need to be addressed. Work with your neighbors to address them.

5-10 The problems are severe and need to be brought to the attention of your local leaders. Work with your neighbors to organize a plan of action.

IMPROVING YOUR COMMUNITY'S SCORE...

Now that you know the problems, you can find the answer.

1. Did you have room to walk?	What you and your family member or friend can do now	What you and your community can do with more time
Sidewalks or paths started and stopped	<ul style="list-style-type: none"> pick another route for now tell local traffic engineering or public works department about specific problems and provide a copy of the checklist 	<ul style="list-style-type: none"> speak up at board meetings write or petition the city for walkways and gather neighborhood signatures make media aware of problem work with a local transportation engineer to develop a plan for a safe walking route
Sidewalks broken or cracked		
Sidewalks blocked		
No sidewalks, paths or shoulders		
Too much traffic		
2. Was it easy to cross streets?		
Road too wide	<ul style="list-style-type: none"> pick another route for now share problems and checklist with local traffic engineering or public works department trim your trees or bushes that block the street and ask your neighbors to do the same leave nice notes on problem cars asking owners not to park there 	<ul style="list-style-type: none"> push for crosswalks/signals/parking changes/curb ramps at city meetings report to traffic engineer where parked cars are safety hazards report illegally parked cars to the police request that the public works department trim trees or plants make media aware of problem
Traffic signals made us wait too long or did not give us enough time to cross		
Crosswalks/traffic signals needed		
View of traffic blocked by parked cars, trees, or plants		
Needed curb ramps or ramps needed repair		
3. Did motorists drive well?		
Backed without looking	<ul style="list-style-type: none"> pick another route for now set an example; slow down and be considerate of others encourage your neighbors to do the same report unsafe driving to the police 	<ul style="list-style-type: none"> petition for more enforcement request protected turns ask city planners and traffic engineers for traffic calming ideas ask schools about getting crossing guards at key locations organize a neighborhood speed watch program
Did not yield		
Turned into walkers		
Drove too fast		
Sped up to make traffic lights or drove through red lights		

IMPROVING YOUR COMMUNITY'S SCORE (CONTINUED)...

Now that you know the problems, you can find the answer.

4. Could you follow safety rules?	What you and your family member or friend can do now	What you and your community can do with more time
Cross at crosswalks or where you could see and be seen	<ul style="list-style-type: none"> educate yourself and your family members or friends about safe walking 	<ul style="list-style-type: none"> encourage schools to teach walking safely
Stop and look left, right, left before crossing	<ul style="list-style-type: none"> organize parents in your neighborhood to walk children to school 	<ul style="list-style-type: none"> help schools start safe walking programs
Walk on sidewalks or shoulders facing traffic		<ul style="list-style-type: none"> encourage corporate support for flex schedules so parents can walk children to school
Cross with the light		
5. Was your walk pleasant?		
Needs grass, flowers, trees	<ul style="list-style-type: none"> point out areas to avoid to your family members and friends; agree on safe routes 	<ul style="list-style-type: none"> request increased police enforcement
Scary dogs	<ul style="list-style-type: none"> ask neighbors to keep dogs leashed or fenced 	<ul style="list-style-type: none"> start a crime watch program in your neighborhood
Scary people	<ul style="list-style-type: none"> report scary dogs to the animal control department 	<ul style="list-style-type: none"> organize a community clean-up day
Not well lit	<ul style="list-style-type: none"> report scary people to the police 	<ul style="list-style-type: none"> sponsor a neighborhood beautification or tree-planting day
Dirty, litter	<ul style="list-style-type: none"> report lighting needs to the police or appropriate public works department 	<ul style="list-style-type: none"> begin an adopt-a-street program
	<ul style="list-style-type: none"> take a walk with a trash bag 	
	<ul style="list-style-type: none"> plant trees or flowers in your yard 	
A Quick Health Check	What you and your family member or friend can do now	What you and your community can do with more time
Could not go as far or as fast as we wanted	<ul style="list-style-type: none"> start with short walks and work up to 30 minutes of walking most days 	<ul style="list-style-type: none"> get media to do a story about the health benefits of walking
Were tired, short of breath, or had sore feet or muscles	<ul style="list-style-type: none"> invite a friend or child along 	<ul style="list-style-type: none"> call parks and recreation department about community walks
		<ul style="list-style-type: none"> encourage corporate support for employee walking programs

GREAT RESOURCES

Need some guidance? These resources might help.

WALKING INFORMATION

Pedestrian and Bicycle Information Center (PBIC)
UNC Highway Safety Research Center
730 Airport Road, Suite 300
Campus Box 3430
Chapel Hill, NC 27599-3430
Phone: (919) 962-2203
Email: pbic@pedbikeinfo.org
www.pedbikeinfo.org
www.walkinginfo.org

National Center for Bicycling & Walking (NCBW)
8120 Woodmont Ave, Suite 650
Bethesda, MD 20814
Phone: (301) 656-4220
Email: info@bikewalk.org
www.bikewalk.org

WALK TO SCHOOL DAY WEB SITES

Partnership for a Walkable America
730 Airport Road, Suite 300
Campus Box 3430
Chapel Hill, NC 27599-3430
Phone: (919) 962-7419
Email: walk@walktoschool.org
USA event:
www.walktoschool-usa.org
International:
www.iwalktoschool.org

STREET DESIGN AND TRAFFIC CALMING

Federal Highway Administration Office of Safety
<http://safety.fhwa.dot.gov/index.htm>

Directory of State Departments of Transportation
<http://www.fhwa.dot.gov/webstate.htm>

Intersections
<http://safety.fhwa.dot.gov/intersections/index.htm>

Pedestrian & Bicycle Safety
http://safety.fhwa.dot.gov/ped_bike/index.htm

Stop Red Light Running Program
http://safety.fhwa.dot.gov/intersections/srlr_campaign.htm

Institute of Transportation Engineers
www.ite.org

Surface Transportation Policy Project
www.transact.org

ACCESSIBLE SIDEWALKS

United States Access Board
1331 F Street, NW
Suite 1000
Washington, DC 20004-1111
Phone: (800) 872-2253
(800) 993-2822 (TTY)
Email: info@access-board.gov
www.access-board.gov
En Español: www.access-board.gov/spanish.htm



GREAT RESOURCES (CONTINUED)

Need some guidance? These resources might help.

PEDESTRIAN SAFETY

National Highway Traffic Safety Administration
Traffic Safety Programs
400 Seventh Street, SW
Washington, DC 20590
Phone: 1-888-327-9153
TTY: 1-800-424-9153
www.nhtsa.dot.gov

Pedestrian Safety
www.nhtsa.dot.gov/people/injury/pedbimot/ped

Safe Kids Worldwide
1301 Pennsylvania Ave. NW
Suite 1000
Washington, DC 20004-1707
Phone: (202) 662-0600
Fax: (202) 393-2072
www.safekids.org

WALKING AND HEALTH

Division of Nutrition and Physical Activity,
National Center for Chronic Disease Prevention and
Health Promotion,
Centers for Disease Control and Prevention
4770 Buford Highway, NE, MS/K-24
Atlanta, GA 30341-3717
Phone: 1-800-232-4636
(800-CDC-INFO)
Email: cdcinfo@cdc.gov
www.cdc.gov/nccdphp/dnpa/index.htm
En Español:
1-888-246-2857
www.cdc.gov/spanish/

Ready, Set, It's Everywhere You Go!
www.cdc.gov/communication/campaigns/ready.htm

Kids Walk-to-School
www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm

California Center for Physical Activity,
California Department of Public Health
P.O. Box 997377, MS 7211
Sacramento, CA 95814
(916) 552-9874
Email: cacenterforpa@dhs.ca.gov

Prevention Magazine
33 East Minor Street
Emmaus, PA 18098
(610) 967-5171
www.prevention.com

WALKING COALITIONS

America Walks
Old City Hall
45 School Street, 2nd Floor
Boston, MA 02108
Phone: 617-367-1170
Email: info@americawalks.org
www.americawalks.org

Partnership for a Walkable America
National Safety Council
1121 Spring Lake Drive
Itasca, IL 60143-3201
Phone: (603) 285-1121
www.walkableamerica.org

Source: Adapted from the Pedestrian and Bicycle Information Center, Walkability Checklist. Available at: www.walkinginfo.org/cps/checklist.htm Accessed March 30, 2006.

For more information about fruits, vegetables, and physical activity, visit us at www.cachampionsforchange.net or call 1-888-328-3483. Funded by the USDA Food Stamp Program, an equal opportunity provider and employer.

Keeping FITT

Whether you are a person who does physical activity regularly or someone who is just getting started, the **FITT** formula, which stands for **Frequency, Intensity, Time, and Type**, can help you be more physically active. You can achieve greater health benefits and enjoyment by increasing the frequency, intensity, or time of your physical activities.

F stands for **Frequency**:

Frequency is how often you do physical activity.

To help your body be healthy, it is best to be physically active every day.

If you are not physically active every day, do simple and fun activities, like walking, bicycling, and dancing, a little at a time until physical activity becomes a regular habit.

I stands for **Intensity**:

Intensity is related to how hard you breathe, how fast your heart beats, and how warm your body feels when doing physical activity.

As you do more physical activity every day, you can gradually increase your intensity by walking more quickly and pumping your arms, bicycling up hills, and dancing at a fast pace with your family members and friends.

T stands for **Time**:

Time is related to how long you spend doing physical activity.

It is important to do fun, moderate-intensity physical activity, like brisk walking, bicycling, and dancing, for at least 30 minutes every day for adults and at least 60 minutes every day for children. This can be done all at once or in easy 10- to 15-minute intervals.

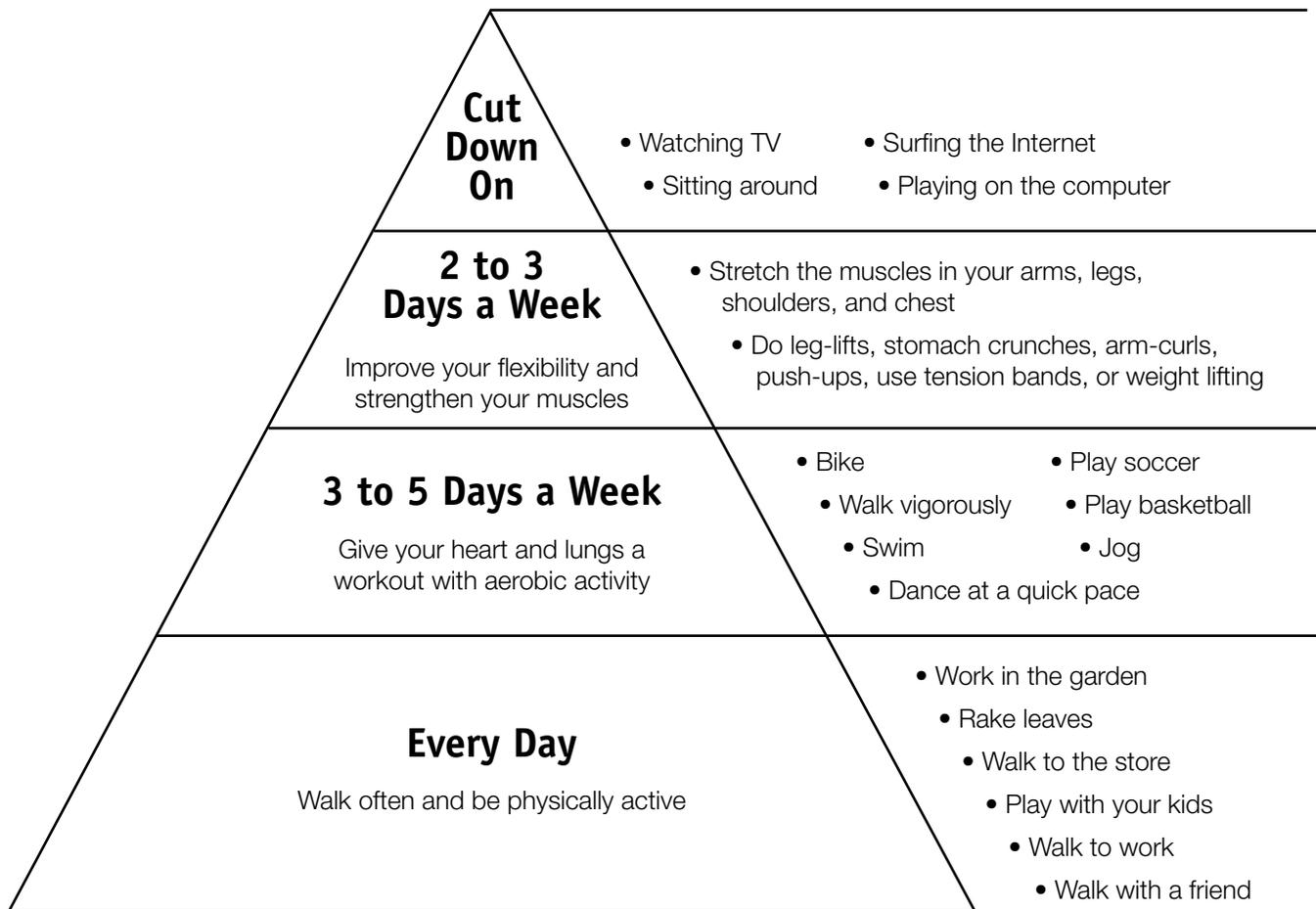
T stands for **Type**:

Type is related to the type of physical activity you do.

It is important to do a variety of aerobic activities you enjoy, like brisk walking, bicycling, dancing, playing soccer, and swimming, to help you achieve the recommended level of physical activity. As you have fun doing aerobic activities, add some stretching and strength training exercises to your energizing routine 2 to 3 times per week.

Physical Activity Pyramid

There are many wonderful ways to be physically active every day. By doing a variety of moderate-intensity activities, such as gardening, jogging, riding your bicycle, or walking, you will find it fun and easy to incorporate physical activity into your daily life. Adults should do at least 30 minutes of physical activity every day, while children should do at least 60 minutes of physical activity every day. Use the following *Physical Activity Pyramid* as a guide for creating your own weekly program.



IF YOU RARELY DO PHYSICAL ACTIVITY

Begin with activities at the base of the pyramid

- Walk whenever you can
- Make physical activity a part of your leisure time
- Set realistic goals, and work your way up toward the middle of the pyramid

IF YOU DO PHYSICAL ACTIVITY SOMETIMES

Be more consistent with activities in the middle of the pyramid

- Plan physical activity in your day
- Set weekly and monthly goals
- Partner with a friend or family member to do physical activity together

IF YOU DO PHYSICAL ACTIVITY OFTEN

Choose a mix of aerobic, flexibility, and strengthening activities

- Mix up your routine to keep it fun
- Try new physical activities
- Challenge yourself with new goals

Source: Adapted from The Activity Pyramid. Pyramids of Health, Park Nicollet HealthSource 2002.

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Target Heart Rate

Your target heart rate can help you determine how hard your body should be working when doing physical activity. You can also use the target heart rate to monitor your exertion level while being physically active.

Steps 1, 2, and 3 below show you how to calculate your target heart rate, how to monitor your exertion level when doing physical activity, and the benefits of being physically active at different levels of intensity.

STEP 1: CALCULATE YOUR TARGET HEART RATE USING THE FOLLOWING FORMULA

- 1) $220 - \text{your age} = \text{maximum heart rate}$
- 2) $\text{Maximum heart rate} \times (.6) = \text{lower boundary of target heart rate (60\%)}$
- 3) $\text{Maximum heart rate} \times (.9) = \text{upper boundary of target heart rate (90\%)}$

This table will help you select a suitable intensity level for doing physical activity.

YOUR FITNESS LEVEL/FITNESS GOAL	PERCENT OF MAXIMUM HEART RATE
Just getting started/light effort	60% to 70% of Maximum Heart Rate
Average fitness/moderate effort	70% to 80% of Maximum Heart Rate
Excellent fitness/vigorous effort	80% to 90% of Maximum Heart Rate

STEP 2: MONITOR YOUR EXERTION LEVEL WHEN DOING PHYSICAL ACTIVITY

When doing physical activity, use your target heart rate and the following chart to determine your intensity level. During physical activity, take your pulse for 15 seconds and multiply the number by four to get your beats per minute. Compare your beats per minute with your age to see how hard your body is working.

AGE	LIGHT EFFORT 60% TO 70%	MODERATE EFFORT 70% TO 80%	VIGOROUS EFFORT 80% TO 90%
	Beats/minute	Beats/minute	Beats/minute
15–19	121–144	141–164	161–185
20–24	118–140	137–160	157–180
25–29	115–137	134–156	153–176
30–34	112–133	130–152	149–171
35–39	109–130	127–148	145–167
40–44	106–126	123–144	141–162
45–49	103–123	120–140	137–158
50–54	100–119	116–136	133–153
55–59	97–116	113–132	129–149
60+	90–122	105–128	120–144

STEP 3: KNOW THE BENEFITS OF BEING PHYSICALLY ACTIVE AT DIFFERENT LEVELS OF INTENSITY

Whether you do light, moderate, or vigorous physical activity, your body can benefit from being active. It is important to do at least 30 minutes of moderately intense physical activity every day (70% to 80% of your maximum heart rate).

If you are just getting started, you can still enjoy the health benefits of physical activity by doing a light effort (60% to 70% of your maximum heart rate). Remember, always start slowly and gradually increase your physical activity level as your physical fitness improves.

This table shows how intensity of physical activity relates to different health benefits.

YOUR PHYSICAL ACTIVITY INTENSITY LEVEL	HEALTH BENEFITS
Light effort – 60% to 70%	Fat burning
Moderate effort – 70% to 80%	Heart and lung benefits and fat burning
Vigorous effort – 80% to 90%	More heart and lung benefits and fat burning



Let's Get Active

Name three benefits of physical activity that are important to you.

1. _____
2. _____
3. _____

Name two physical activities that you enjoy doing by yourself.

1. _____
2. _____

Name two physical activities that you enjoy doing with your friends, family, or children.

1. _____
2. _____

What are three ways that you could add 10 to 15 minutes of physical activity into your busy day?

1. _____
2. _____
3. _____

Name two ways that you could add walking into your busy day.

1. _____
2. _____

Name three examples of physical activity that are fun and low-cost.

1. _____
2. _____
3. _____

Name two places in your community where you can be physically active.

1. _____
2. _____

Name two organizations in your community that offer information on physical activity.

1. _____
2. _____

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Physical Activity and Exercise Safety

Your personal safety must always be a top priority when doing moderate to vigorous types of physical activity. Always consult with your physician or health care provider before beginning any physical activity program. The following information summarizes what you need to do before, during, and after physical activity in order to protect yourself from injury.

1. Dress appropriately

- Your clothing should fit comfortably and be made of breathable fabric.
- Your shoes should be comfortable and provide good foot and ankle support.

2. Regular activity

- Daily physical activity for at least 30 minutes will keep your body energized and at a healthy fitness level.
- Regular activity also will reduce the risk of sprains and strains from overexertion.

3. Progression

- If you have not been doing regular physical activity, begin with a light routine and gradually increase the intensity and duration of your activities as your fitness improves.
- Divide your daily routine into 10- to 15-minute physical activity breaks and slowly increase the time as you become more active.

4. Balance

- Engage in a variety of physical activities that include stretching, strength training, and aerobic fitness.
- Doing a variety of activities will ensure your whole body benefits from being physically active. A variety of activities also will reduce boredom and give you many options for sharing physical activity time with friends and family members.

5. Always warm-up

- Do 3 to 5 minutes of easy aerobic activity, such as jogging-in-place or light walking, to gradually increase your heart rate, breathing, and circulation.

- Do slow joint rotation exercises, such as arm circles and ankle rotations, to gradually increase the range of motion of your joints. Work each major joint for 10 seconds.
- Begin the activity slowly and gradually increase your intensity.

6. Always cool down

- Never suddenly stop, especially when doing vigorous exercise. Gradually decrease your activity over a 3- to 5-minute period.
- If you are running, gradually reduce the intensity to light jogging. If you are walking vigorously, gradually reduce the intensity to a casual pace.
- Complete a variety of stretches to maintain and improve your flexibility. Hold stretches for 15 to 20 seconds. Be careful not to overstretch your muscles.

7. Drink plenty of water

- Avoid dehydration by drinking plenty of water before, during, and after your activity.

8. Allow plenty of time between the time you eat and the time you do physical activity

- Make sure you allow at least 1 hour between the time you eat and the time you begin your physical activity.
- The meal you eat should be light and easily digestible. You should avoid eating foods that are high in fat, protein or fiber, as well as foods known to be gas-forming.

Examples of foods to eat before doing physical activity are fruit, bagels, and cereal.

9. Monitor your intensity level during the activity (See the following table)

LIGHT EFFORT	MODERATE EFFORT	VIGOROUS EFFORT
<ul style="list-style-type: none"> • Light walking • Washing the car • Easy gardening • Hide and seek • Light dancing • Stretching 	<ul style="list-style-type: none"> • Brisk walking • Bicycling • Raking leaves • Swimming • Dancing • Water aerobics • Hiking 	<ul style="list-style-type: none"> • Speed walking • Aerobics • Jogging • Soccer • Basketball • Fast swimming • Fast dancing • Fast biking
<p>Self-monitoring questions: How does it feel? How warm am I? What is my breathing like?</p>		
<ul style="list-style-type: none"> • Start to feel warm • Slight increase in breathing rate and heart rate • Able to talk and laugh comfortably 	<ul style="list-style-type: none"> • Feeling warmer, lightly perspiring • Faster breathing rate and heart rate • Able to talk without being out of breath 	<ul style="list-style-type: none"> • Quite warm, perspiring • Fast breathing rate and heart rate • Able to talk a little bit without being out of breath

10. If you experience any of the following symptoms, STOP doing the physical activity

- Chest discomfort
- Nausea
- Sudden shortness of breath
- Lightheadedness
- Dizziness or irregular heart beat
- Sharp or significant joint or muscle pain

Consult your health care provider if any of these symptoms occur.

11. Always take care of your personal safety

- Walk or jog with a partner in a well lit and safe area.

Stretching Exercises

Before and after doing physical activity, it is very important to stretch in order to reduce the risk of injuries, such as muscle strains. Stretching exercises also help to increase your body's flexibility. Improving your flexibility is an important part of being physically active, it improves your posture and helps to keep you physically fit.

The **FITT formula**, which stands for **F**requency, **I**ntensity, **T**ime and **T**ype, can be used for all types of stretching, and it is an excellent tool for monitoring your progress.

Frequency: Do stretching exercises after your physical activity warm-up and as part of your physical activity cool-down. Do stretching exercises most days to improve your body's flexibility.

Intensity: Always warm-up before stretching. Stretch your muscles to the point of mild tension, but not to the point of pain. Stop right away if you feel a sharp pain.

Time: Hold the stretch without bouncing for 10 to 15 seconds when you warm up and cool down. Hold the stretch without bouncing for 30 seconds or more to improve your flexibility.

Type: Use static stretches. Static stretching is the gradual lengthening of muscles and tendons as a body part moves around a joint.

Remember to always consult with your physician or health care provider before beginning any physical activity program.

When performing the following stretches, remember to resist the urge to hold your breath or bounce.

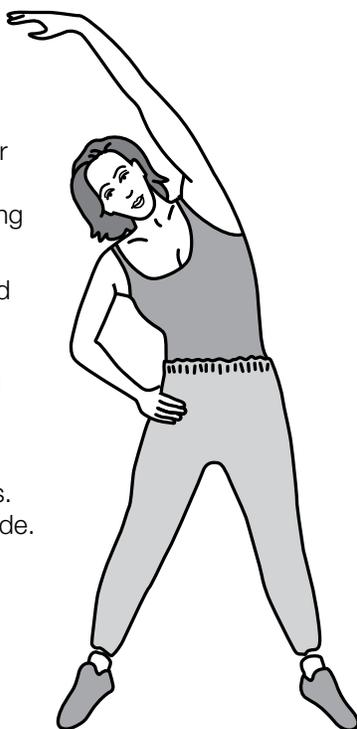
SIDE BENDS

Stand with your feet shoulder width apart, keeping a slight bend in your legs.

Slowly reach one arm over your head and to the side until you feel a stretch along your side.

Keep your hips steady and your shoulders straight to the side. Avoid leaning forward or backward, and hold the stretch without bouncing.

Hold for 10 to 15 seconds. Repeat on the opposite side.



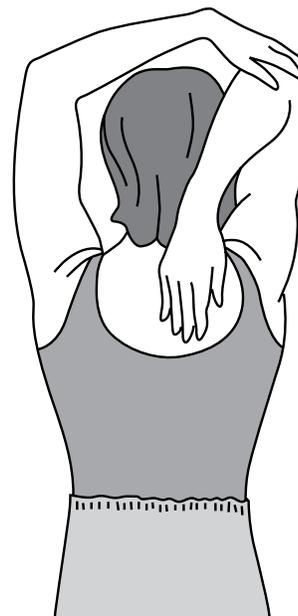
TRICEPS MUSCLE STRETCH

Sit or stand tall with good posture.

Place one arm behind your head, with your hand facing toward your back and down your spine.

Use the other hand to push down gradually on the elbow joint, while slowly increasing the stretch on the triceps muscle.

Hold for 10 to 15 seconds. Repeat on the opposite side.



SHOULDER STRETCH

This stretch can be completed while seated or standing.

Take one arm and reach across the front of your chest. Use the opposite hand to push the arm into your chest at a point just above the elbow joint.

Keep the arm straight and breathe comfortably.

Hold for 10 to 15 seconds, and repeat with the other arm.

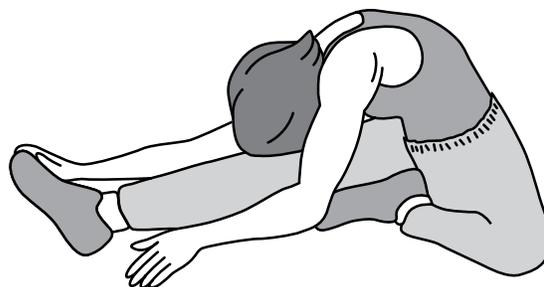


HURDLER STRETCH

Sit on the floor with your right leg straight out and your left leg folded inward with the bottom of your left foot touching the inside of your right thigh.

With your right hand, reach toward your right ankle until you feel the stretch in your calf and rear thigh muscles. Continue the stretch without bouncing.

Hold for 10 to 15 seconds, and repeat with the left leg.



CHEST STRETCH

This stretch can be completed while seated or standing.

Place both hands on the back of your head.

Slowly pull your elbows toward the back of your head without extending your neck forward.

Hold for 10 to 15 seconds.



LEG CURL STRETCH

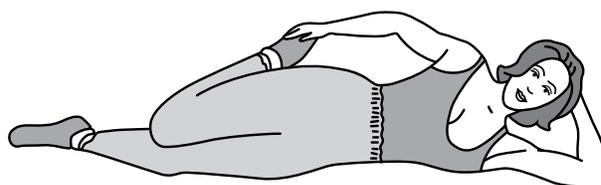
This stretch can be performed either standing or laying on your side. If standing, use a chair or wall for support.

Grab one leg at the ankle. Slowly pull your heel up toward your bottom, while gradually stretching the muscles at the front of your thigh.

If you cannot reach your ankle, wrap a towel around your ankle and pull on the towel until you feel a stretch in the muscles at the front of your thigh. This version should be done lying on your side.

Keep your knees together and back straight throughout the stretch.

Hold for 10 to 15 seconds, and repeat with the opposite leg.



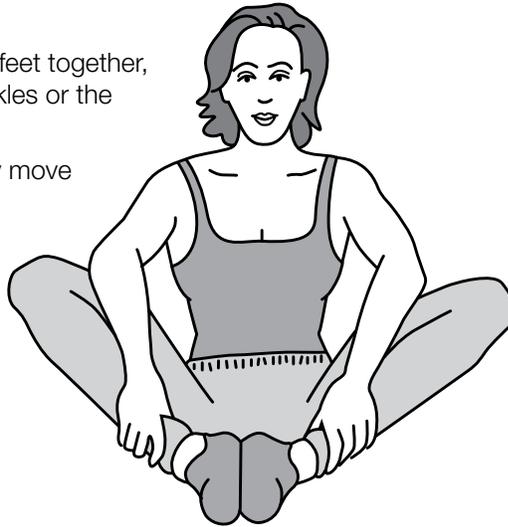
INNER THIGH STRETCH

Sitting on the floor with the soles of the feet together, place your hands either around your ankles or the lower part of your legs.

While keeping your back straight, gently move your knees toward the floor. Using your elbows, gradually apply pressure against the inner knee until you feel a steady stretch on your inner thigh muscles.

Avoid pulling up on your feet during the stretch.

Hold for 10 to 15 seconds.



CALF STRETCH

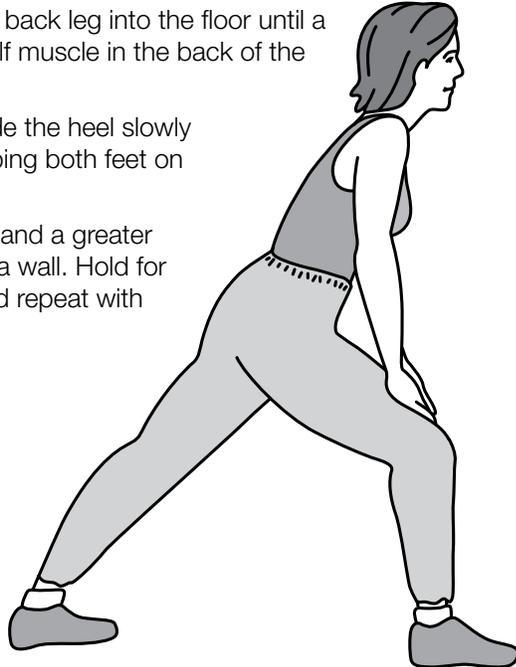
Standing with one foot in front of the other, place both feet about two feet apart.

Lean forward with the knee of your front leg over the ankle joint. Keep your rear leg and your back in a straight position.

Press the heel of your back leg into the floor until a stretch is felt in the calf muscle in the back of the lower leg.

If no stretch is felt, slide the heel slowly backwards while keeping both feet on the floor.

For improved stability and a greater stretch, push against a wall. Hold for 10 to 15 seconds, and repeat with the opposite leg.



Dance for Fun and Fitness

SHAKE IT UP! DANCE MOVEMENTS 1

March in place for 8 to 16 counts
 March forward for 4 counts and clap
 March back for 4 counts and clap
 March in place with bicep arm curls for 8 to 16 counts
 March forward for 4 counts and clap
 March back for 4 counts and clap
 March in place with forward punching arms for 8 to 16 counts
 March forward for 4 counts and clap
 March back for 4 counts and clap

Step together with clap for 8 to 16 counts
 March forward for 4 counts and clap
 March back for 4 counts and clap
 Step together with bicep arm curls for 8 to 16 counts

March forward for 4 counts and clap
 March back for 4 counts and clap
 Step together 2 times for 8 to 16 counts
 March forward for 4 counts and clap
 March back for 4 counts and clap
 Step together 2 times and clap for 8 to 16 counts
 Repeat

SHAKE IT UP! DANCE MOVEMENTS 2

Push hands up, out front, hands down, and jump up
 Push hands up, out front, hands down, and jump up
 Step to the left side 2 times
 Step to the right side 2 times
 Step to the left side, step to the right side
 Step to the right side, step to the left side
 Twist down
 Twist up
 Push hands up and spin around
 Repeat

DANCE MOVEMENTS DEFINED

Bicep Arm Curls: Arms are straight out in front with palms facing up. Bend elbows and pull hands in toward shoulders.

Punching Arms: Arms are bent at sides with hands in a fist. Punch right arm out and back. Repeat with left arm.

Step Together: Step to the right with right foot, step together with left foot. Step to the left with left foot, step together with right foot.

Step Together 2 times: Step together twice in the same direction.

OPTIONAL DANCE MOVEMENTS

Knee Lifts: Bend leg at the knee and lift toward chest. Repeat with opposite knee. Keep back straight.

Kick Backs: Place feet shoulder width apart. With right foot stationary, bend left leg at the knee and kick heel back. Repeat movement with right leg.

Circular Arms Forward: Arms are straight at sides, lift right arm and rotate forward to make a full circle until arm is straight at side again. Repeat with left arm.

Circular Arms Backward: Arms are straight at sides, lift right arm and rotate backward to make a full circle until arm is straight at side again. Repeat with left arm.

Push Up Arms: Push right hand straight up toward the ceiling. Return right hand to side. Repeat with left hand. Push both hands straight up toward the ceiling. Return both hands to side.

Arching Arms: Arms are straight at sides with palms open, lift both arms to create an overhead arch and return to side.

Tips

- Feel free to vary the movements to your own pace and comfort level.
- Make up additional steps, or use the movements listed in the “optional dance movements” section of this handout.