

STEP 3: GET FIT 2012

[Pedometer Tracking Calendar]



Promoting 10,000 Steps a Day!

WELCOME

Welcome to the Pedometer Tracking Calendar, a simple and inspiring way to boost your physical activity every day, no matter how busy you are. This program provides everything you need to plan and track daily walking habits and to make taking more steps each day a permanent part of your healthy lifestyle.

MEETING THE 2012 FITNESS REQUIREMENT OF WELLAWARE

You can meet the fitness requirement through participating in a wide variety of activities that include cardiovascular, strength training, stretching and recreational activities. The goal is to promote the health benefits of a well rounded and consistent exercise regiment. To satisfy the 2012 fitness requirement, **YOU ARE EXPECTED TO EXERCISE A MINIMUM OF 5 DAYS A WEEK FOR 12 CONSECUTIVE WEEKS.**

A minimum of 30 minutes per exercise session, 3 days a week should be devoted to sustained cardiovascular exercise that elevates your heart rate so you obtain the most benefit. The remaining 2 days each week can be spent on additional cardiovascular activity, strength training, stretching and/or participating in other recreational activities such as golf, gardening, etc.

SUBMITTING YOUR LOG

Once you've met the program goal of completing 10,000 steps a day on at least 5 days each week, for 12 consecutive weeks, make a copy of those 12 weeks and submit them to WellAware by October 31.

Return to:
WellAware, Berlin-BMN2
or
Northeast Utilities, WellAware Program
107 Selden Street Berlin, CT 06037

INCREASE YOUR DAILY STEPS

Add more steps to your day by taking the stairs instead of the elevator, taking a 10—15 minute walk during lunch, parking farther away, etc. Remember, increasing your activity level should be done gradually so as to reduce the chances of becoming sore, or worse yet, injured.

A STARTING POINT

Before you begin your 12 week walking program, be sure to wear your pedometer for three consecutive days in order to estimate the number of steps you take on a typical day. Record each day's total steps below.

Date: _____ Steps Taken: _____
 Date: _____ Steps Taken: _____
 Date: _____ Steps Taken: _____
 3 Day Total: _____
 Average Steps: _____
 (Divide total by 3)

Next, use the chart below as a guide for setting goals and gradually increasing your steps until you are consistently achieving 10,00 steps a day!

If your	Week 1	Week 2	Week 3
< 4,000 steps	2 days 5,000; 3 days 7,500	2 days 7,500; 3 days 9,000	3 days 7,500; 3 days 10,000
4,000—6,000 steps	3 days 7,500; 2 days 9,000	1 day 7,500; 4 days 9,000	3 days 9,000; 3 days 10,000
> 6,000 steps	3 days 9,000; 2 days 10,000	2 days 9,000; 3 days 10,000	1 day 9,000; 5 days 10,000

We all know life is busy! We also know that staying active is an important component to staying healthy but is not always easy to accomplish. So carving time out of your busy schedule to exercise is important and should be made a high priority. To make the most of your exercise time, make sure your weekly exercise regiment is balanced with all three components of fitness: aerobic exercise, muscular strength conditioning and flexibility exercise. Turn the page to learn more. If you have questions or need help along the way, just contact the WellAware staff at 1.800.265.7438, Berlin x2408. We'd be happy to help you!

MAKING THE MOST OF YOUR EXERCISE TIME

Three things every exercise program should include!

● Aerobic Exercise—improves the function of your heart and lungs!

Aerobic exercise can be as simple as walking. Aerobic activities are those that elevate your heart rate continuously for at least 20 - 30 minutes, such as walking, running, swimming, cycling, rollerblading, or stair-climbing. Aerobic activities help to burn calories and aid in weight control, improve cholesterol and blood pressure levels, and aid in the prevention of other diseases.

Monitoring the intensity at which you exercise is necessary to ensure you are effectively training your cardiovascular system and also prevents you from overtraining. You can easily monitor your exercise intensity by measuring your exercise heart rate. To measure your heart rate, take your pulse as soon as you stop exercising and count your heartbeat for 10 seconds, then multiply by six to convert it to a one minute heart rate. If you keep your exercise heart rate within a range of 60 to 85% of an estimated maximum heart rate (220 minus your age), you're doing well. See the box below for how to take your heart rate and for an easy chart on target heart rate range and predicted max heart rate.

How often should you exercise? Three to five days of aerobic activity is fine for general health maintenance. If you're trying to lose weight, aim for five to six days a week, being sure you take off at least one day a week.

How long should you exercise? Work up to 30 or more minutes per session (or three 10-minute sessions per day) for general health maintenance. For weight loss, gradually work up to 45 minutes or longer at a moderate to high intensity depending on your level of fitness.

CARDIOVASCULAR TRAINING

Guidelines: Minimum of 3 days each week for 20—60 minutes for each session

Taking Your Heart Rate:

Place your first two fingertips (not your thumb) of one hand on the thumb-side of your opposite wrist or in the groove adjacent to your Adam's apple. Press lightly to feel your pulse and count the number of beats you feel in 10 seconds. Multiply that number by 6 to get your minute heart rate reading.



Age	Target Heart Rate HR) Zone (60-85%)	Predicted Max Heart Rate
20	120-170	200
25	117-166	195
30	114-162	190
35	111-157	185
40	108-153	180
45	105-149	175
50	102-145	170
55	99-140	165
60	96-136	160

● **Strength Training—improves your muscular system!**

Muscular weakness or imbalance can result in abnormal movement patterns, an uneven gait or poor posture. By enhancing our muscular strength, we can reduce our risk of injury and help our bodies to function more efficiently by decreasing daily aches and pains, making daily activities easier and less tiring, decreasing muscle tension and stress, and reducing the risk for osteoporosis. Additionally, muscle mass burns calories making strength training an essential component to any weight loss program. Strength training can include the use of free weights, machines, resistance bands, and calisthenics. Just be sure your strength training includes exercises for all the major muscle group, including the muscles of the arm, chest, back, stomach, hips and legs. Try incorporating this simple strength training routine into your weekly exercise regiment!

STRENGTH TRAINING ROUTINE

Guidelines: 2—3 days each week for all major muscle groups
Minimum of 1 set of each exercise; 1 set = 8-15 repetitions

BICEP CURL - BICEPS (Arms)

Keeping arms close to sides, curl one arm to shoulder and back to straight arm position. Alternate arms.



SQUATS - LEGS

Stand with legs hip distance apart, back straight and feet flat on floor. Looking straight ahead, bend knees until thighs are parallel to floor. Hold for a count of 4 and raise up.



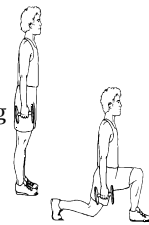
BENCH DIP - TRICEPS (Arms)

Keeping elbows close to sides, lower body almost to floor. Then raise up.



LUNGES - LEGS

With legs shoulder width apart, head up, and back straight, step forward, bending the leg until thigh is parallel to the floor. Return to start and alternate legs.



SHOULDER PRESS - SHOULDERS

With palms facing ears, press to straight arm position, rotating palms to face forward at top of movement.



CRUNCH - ABDOMINALS

Keeping head and neck in line with spine, elevate shoulders and upper back toward knees, keeping low and middle back in touch with floor.



ARM AND LEG RAISE - LOWER BACK

Keeping knee locked, raise leg and opposite arm 8-10 inches from floor. Hold 10 seconds. Return to start position and alternate arm and leg.



● **Stretching - keeps joints healthy and improves your range of motion!**

Stretching exercises help prevent muscle tightness and reduces the risk of injury. It is especially important to stretch regularly as we age because connective tissue starts to lose elasticity. Proper stretching involves holding a mild stretch for 20 to 30 seconds while you breathe normally. Always warm up before you stretch. Like strength conditioning, flexibility exercises should include stretching of all major muscle groups. Try incorporating this sample routine into your weekly fitness routine.

STRETCHING ROUTINE:

2 - 3 days each week for all major muscle groups; Perform each exercise 3 times holding each stretch for 20 to 30 seconds

NECK

Gently grasp side of head with one hand, placing the other hand behind back. Tilt head away until a gentle stretch is felt. Repeat on opposite side.



ARMS - Triceps

Pull elbow behind head until stretch is felt. Repeat with other elbow.



SHOULDERS - Posterior Deltoids/Rhomboids

Pull arm across chest until stretch is felt. Turn head away from pull. Repeat with other arm.



CHEST/ARM/SHOULDER

With fingers interlaced behind back, straighten arms and turn elbows in until stretch is felt.



GROIN - Inner Thigh Stretch

Sitting straight or with back against wall, gently push thighs to floor until stretch is felt.



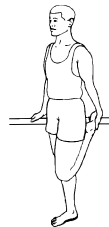
HAMSTRINGS - Leg Raise

Support back of thigh behind knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh. For more stretch, move hands up the leg toward ankle. Hold. Repeat with other leg.



UPPER LEG - Quadriceps

Pull heel toward buttocks until stretch is felt in front of thigh. Be sure to keep bent knee parallel to floor. Repeat with other heel.



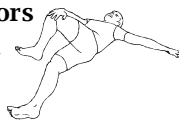
LOWER LEG - Gastrocnemius

From stairs or a curb, lower heel until stretch is felt. Repeat with other heel.



HIPS/OBLIQUE - External Rotators

Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Repeat with other leg.



JANUARY 2012

SUN	MON	TUES	WEDS	THURS	FRI	SAT	WEEK TOTAL
1	2	3	4	5	6	7	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
8	9	10	11	12	13	14	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
15	16	17	18	19	20	21	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
22	23	24	25	26	27	28	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
29	30	31	You're expected to complete 10,000 steps on 5 days each week for 12 consecutive weeks and include at least 30 minutes of walking on those days.				
_____	_____	_____					Steps
_____	_____	_____					Calories
MONTHLY TOTALS Pounds walked off this month: _____ 3,500 calories = 1 pound Miles traveled this month: _____ 10,000 steps = 5 miles							

Name: _____ Employee ID #: _____

FEBRUARY 2012

SUN	MON	TUES	WEDS	THURS	FRI	SAT	WEEK TOTAL
You will never find time for anything, If you want time, you must MAKE IT!			1	2	3	4	
			_____	_____	_____	_____	Steps
			_____	_____	_____	_____	Calories
5	6	7	8	9	10	11	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
12	13	14	15	16	17	18	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
19	20	21	22	23	24	25	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
26	27	28	29	If you are seeking creative ideas go for a walk!			
_____	_____	_____	_____				Steps
_____	_____	_____	_____				Calories
MONTHLY TOTALS Pounds walked off this month: _____ 3,500 calories = 1 pound Miles traveled this month: _____ 10,000 steps = 5 miles							

Name: _____ Employee ID #: _____

MARCH 2012

SUN	MON	TUES	WEDS	THURS	FRI	SAT	WEEK TOTAL
You don't stop playing because you grow old, you grow old because you stop playing!				1	2	3	Steps
				_____	_____	_____	
				_____	_____	_____	
4	5	6	7	8	9	10	Steps
_____	_____	_____	_____	_____	_____	_____	
_____	_____	_____	_____	_____	_____	_____	
11	12	13	14	15	16	17	Steps
_____	_____	_____	_____	_____	_____	_____	
_____	_____	_____	_____	_____	_____	_____	
18	19	20	21	22	23	24	Steps
_____	_____	_____	_____	_____	_____	_____	
_____	_____	_____	_____	_____	_____	_____	
25	26	27	28	29	30	31	Steps
_____	_____	_____	_____	_____	_____	_____	
_____	_____	_____	_____	_____	_____	_____	
MONTHLY TOTALS Pounds walked off this month: _____ 3,500 calories = 1 pound Miles traveled this month: _____ 10,000 steps = 5 miles							

Name: _____ Employee ID #: _____

APRIL 2012

SUN	MON	TUES	WEDS	THURS	FRI	SAT	WEEK TOTAL
1	2	3	4	5	6	7	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
8	9	10	11	12	13	14	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
15	16	17	18	19	20	21	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
22	23	24	25	26	27	28	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
29	30	<p>Movement is the best medicine for changing a person's physical, mental and emotional state.</p>					
_____	_____						Steps
_____	_____						Calories
MONTHLY TOTALS							
Pounds walked off this month: _____				3,500 calories = 1			
pound							
Miles traveled this month: _____				10,000 steps = 5 miles			

Name: _____ Employee ID #: _____

MAY 2012

SUN	MON	TUES	WEDS	THURS	FRI	SAT	WEEK TOTAL
The greatest wealth is health!		1	2	3	4	5	
							Steps
							Calories
6	7	8	9	10	11	12	
							Steps
							Calories
13	14	15	16	17	18	19	
							Steps
							Calories
20	21	22	23	24	25	26	
							Steps
							Calories
27	28	29	30	31	Great job getting out and moving this month!		
							Steps
							Calories
MONTHLY TOTALS							
Pounds walked off this month: _____					3,500 calories = 1		
pound							
Miles traveled this month: _____					10,000 steps = 5 miles		

Name: _____ Employee ID #: _____

JUNE 2012

SUN	MON	TUES	WEDS	THURS	FRI	SAT	WEEK TOTAL
A person's health can be judged by which they take two at a time - pills or stairs.					1	2	
					_____	_____	Steps
					_____	_____	Calories
3	4	5	6	7	8	9	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
10	11	12	13	14	15	16	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
17	18	19	20	21	22	23	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
24	25	26	27	28	29	30	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
MONTHLY TOTALS							
Pounds walked off this month: _____					3,500 calories = 1		
pound							
Miles traveled this month: _____					10,000 steps = 5 miles		

Name: _____ Employee ID #: _____

JULY 2012

SUN	MON	TUES	WEDS	THURS	FRI	SAT	WEEK TOTAL
1	2	3	4	5	6	7	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
8	9	10	11	12	13	14	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
15	16	17	18	19	20	21	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
22	23	24	25	26	27	28	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
29	30	31	<p>Walking upstairs burns about five times as many calories as riding in an elevator.</p>				
_____	_____	_____					Steps
_____	_____	_____					Calories
MONTHLY TOTALS							
Pounds walked off this month: _____					3,500 calories = 1		
pound							
Miles traveled this month: _____					10,000 steps = 5 miles		

Name: _____ Employee ID #: _____

AUGUST 2012

SUN	MON	TUES	WEDS	THURS	FRI	SAT	WEEK TOTAL
Given what we know about physical activity it should be mandatory!			1	2	3	4	
			_____	_____	_____	_____	Steps
			_____	_____	_____	_____	Calories
5	6	7	8	9	10	11	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
12	13	14	15	16	17	18	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
19	20	21	22	23	24	25	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
26	27	28	29	26	31		
_____	_____	_____	_____	_____	_____		Steps
_____	_____	_____	_____	_____	_____		Calories
MONTHLY TOTALS Pounds walked off this month: _____ 3,500 calories = 1 pound Miles traveled this month: _____ 10,000 steps = 5 miles							

Name: _____ Employee ID #: _____

SEPTEMBER 2012

SUN	MON	TUES	WEDS	THURS	FRI	SAT	WEEK TOTAL
Physical activity will add years to your life, and life to your years!					1	2	Steps
					_____	_____	Calories
					_____	_____	
3	4	5	6	7	8	9	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
					_____	_____	
10	11	12	13	14	15	16	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
					_____	_____	
17	18	19	20	21	22	23	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
					_____	_____	
24	25	26	27	28	29	30	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
					_____	_____	
MONTHLY TOTALS							
Pounds walked off this month: _____					3,500 calories = 1		
pound							
Miles traveled this month: _____					10,000 steps = 5 miles		

Name: _____ Employee ID #: _____

OCTOBER 2012

SUN	MON	TUES	WEDS	THURS	FRI	SAT	WEEK TOTAL
31	1	2	3	4	5	6	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
7	8	9	10	11	12	13	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
14	15	16	17	18	19	20	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
21	22	23	24	25	26	27	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
28	29	30	31	Strive for progress not perfection.			
_____	_____	_____	_____				Steps
_____	_____	_____	_____				Calories
MONTHLY TOTALS							
Pounds walked off this month: _____					3,500 calories = 1		
pound							
Miles traveled this month: _____					10,000 steps = 5 miles		

Name: _____ Employee ID #: _____

NOVEMBER 2012

SUN	MON	TUES	WEDS	THURS	FRI	SAT	WEEK TOTAL
The difference between the impossible and the possible lies in a person's determination.				1	2	3	
				_____	_____	_____	Steps
				_____	_____	_____	Calories
4	5	6	7	8	9	10	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
11	12	13	14	15	16	17	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
18	19	20	21	22	23	24	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
25	26	27	28	29	30	1	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
MONTHLY TOTALS Pounds walked off this month: _____ 3,500 calories = 1 pound Miles traveled this month: _____ 10,000 steps = 5 miles							

Name: _____ Employee ID #: _____

DECEMBER 2012

SUN	MON	TUES	WEDS	THURS	FRI	SAT	WEEK TOTAL
2	3	4	5	6	7	8	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
9	10	11	12	13	14	15	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
16	17	18	19	20	21	22	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
23	24	25	26	27	28	29	
_____	_____	_____	_____	_____	_____	_____	Steps
_____	_____	_____	_____	_____	_____	_____	Calories
30	31	Commit to be fit!					
_____	_____						Steps
_____	_____						Calories
MONTHLY TOTALS							
Pounds walked off this month: _____				3,500 calories = 1			
pound							
Miles traveled this month: _____				10,000 steps = 5 miles			

Name: _____ Employee ID #: _____

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