### Walking Log

Name: ___________________  Date: ___________

First set your goal. Then schedule the days you plan to walk each week. Record your progress in the log.

**Goal for Week 8** _______ minutes on _______ days

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<tr>
<th>Day of the week</th>
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<td>Walking appointment</td>
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**Goal for Week 9** _______ minutes on _______ days

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<th>Day of the week</th>
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<td>Walking appointment</td>
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**Goal for Week 10** _______ minutes on _______ days

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<tr>
<th>Day of the week</th>
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<td>Walking appointment</td>
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</tbody>
</table>

To keep you on track, place the calendar with your walking schedule where friends and family members can see it, such as on the fridge or at your desk. Let friends know that they can help you meet your goals.
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**INTRODUCTION**

*Mamakating Walks!* is a collaboration of the UAlbany Prevention Research Center, Parks and Trails New York and a local steering committee, working to help people in your community improve their health and well being by incorporating a regular walking program into their daily lives.

Research has shown that people who exercise regularly have better health than physically inactive people. Despite this, physical inactivity remains a major problem for New Yorkers. Activity levels are particularly low in rural communities like yours that may lack access to safe indoor places to walk during cold, winter months. *Mamakating Walks!* provides you with the tools and information you need to make a regular walking program a part of your life throughout the year.

**Program Goal**
The U.S. Surgeon General recommends that everyone engage in 30 minutes of physical activity on most days. The goal of *Mamakating Walks!* is to help you work toward achieving that recommended level to promote health.
About the program

The Mamakating Walks! program offers these opportunities and tools to help meet this goal:

a. Use of school hallways to walk during cold weather
b. Organized walks on the trail and around town
c. This handbook to help you start and maintain a walking program
d. A pedometer and logbook to help you track your progress
e. Activities, educational materials, and incentives to help you meet your goals

Why Walk?

No matter how old you are, you can improve your health and well-being by walking on a regular basis.

In just a few short weeks, regular walking can:

Give you more energy
Lift your spirits
Help you sleep better
Relieve stress

Over the long-term regular walking can:
Make you feel good about yourself
Help control your weight, when combined with eating a balanced diet
Strengthen your heart, bones and muscles
Help your lungs work better
Help control or prevent chronic illnesses such as diabetes, arthritis, and heart disease

Walking Partners Sample Contract

For most people, staying motivated can be challenging. Finding a partner to walk with may help you stay on track to meet your goals. Once you get a partner, make a commitment to each other to work towards your goals.

☞ First, decide on a mutual goal
☞ Review your calendars. Find out what days and times work best for both of you.
☞ Make an agreement to meet at those times and walk.
☞ Then plan how you will celebrate your success together.

Walking Partner Sample Contract

1. We will walk _______ days a week for _______ minutes each time.

2. We plan to walk on
   Mon _______ at ________
   Tues _______ at ________
   Wed _______ at ________
   Thurs _______ at ________
   Fri _______ at ________
   Sat _______ at ________
   Sun _______ at ________

3. We will celebrate meeting our walking goals by __________________________.

Signed ________________________ Date ______
Signed ________________________ Date ______
About Mamakating Walks! and the Prevention Research Center

The Prevention Research Center (PRC) at the University at Albany School of Public Health is funded through a grant from the U.S. Centers for Disease Control and Prevention. The Prevention Research Centers are a network of academic health centers, partner communities and public health practitioners that conduct community based participatory research to prevent disease and disability. PRCs help communities create and implement programs that encourage healthy living.

The mission of the UAlbany PRC is to work with communities to prevent chronic disease such as diabetes and heart disease. As part of these efforts, the UAlbany PRC has partnered with Parks and Trails New York, a not-for-profit organization that helps communities develop and promote multi-use recreational trails and greenways, and the Mamakating Walks! Steering Committee to increase access and support for walking in rural communities. The Mamakating Walks! program is supported by the Town of Mamakating, Supervisor Charles Penna and the Chase Elementary School.

Core membership, Mamakating Walks! Steering Committee

Chase Elementary School
Cornell Cooperative Extension, Sullivan County
Monticello Central School District
Office of Aging, Sullivan County
Public Health Services, Sullivan County
Town of Mamakating
The Mamakating D & H Canal Commission

Program Information

With the Mamakating Walks! program you will be able to walk indoors at the Chase Elementary School after school hours from 4pm to 7:30pm Monday thru Friday during the cold weather (November 13th-April 15th), whenever school is in session.

Chase Elementary School, 28 Pennsylvania Ave, Wurtsboro

Once the weather gets warmer, the program takes you outside to take advantage of the beautiful D & H Canal Trail and other nearby sites for walking. Activities will be planned along the rail trail to help you enjoy this program of regular physical activity. You will also receive newsletters and e-mails about upcoming events.

D & H Canal Trail (Wurtsboro Trailhead)
Indoor Segment

Chase Elementary School  www.monticelloschools.net

Adults walking in the Chase Elementary School will need to register for the program. On-site registration will be available at the school Monday through Friday evenings from 4 to 7pm.

School etiquette
When walking the school hallways, be sure to sign in and out in the Mamakating Walks logbook located at the front entrance to the elementary school.

Participants may walk around the indoor courtyard for exercise. Please walk in designated areas only as classrooms are off limits to walking participants. At times, the custodians may ask you to limit your walking to particular area so that they can clean the floor. Please relocate cheerfully when asked.

Building Map:

Once around is approximately 1/12 of a mile.

All or Nothing Trap (continued)

log. If your schedule has changed significantly since you last filled it in, you may want to update your walking plan. Either way, the point is to identify opportunities to fit in activity. Write them down on your calendar.

Set new goals. This is a good time to look back at your current plan and goals. Think about ways you might revise them to make them work better for you. To renew your motivation, look for ways to incorporate activities you enjoy. If you’ve been sick or injured, don’t let it be an excuse to stop permanently. Set a date when you will start again. You may need to work up slowly to the level you were at before. That’s fine. The important thing is to commit yourself to a goal of getting back into an active lifestyle. Give yourself a little time, and you’ll regain all the lost ground.

Avoid negative messages. Remember those discouraging voices that sometimes speak up when things go wrong—the voices that say things such as “failure,” “can’t,” or “never”? Now is the time to counter those negative messages with positive ones. Instead of saying, “I can’t stick to my plan,” remind yourself that you did fine for the first month, and come up with a plan for what you can do from now on.

Focus on your strengths. This is another way to accentuate the positive. Look back over the period when you were doing well. Think about the personal strengths you discovered. Maybe you learned that you like doing activities with other people. Perhaps you found that you achieve more if you have a specific plan and a schedule for meeting your goal. Enjoying activities is an important strength you can leverage. Once you’ve identified your personal strengths, think about ways to use them now to get yourself back in the game.

All or Nothing Trap

One of the first mistakes people make when they fall short of their goal is to think, “That’s it, I’ve blown it. I’ll never make this work. Maybe I’m just destined to be a couch potato.”

*Don’t believe it.* A one-time slip doesn’t mean you’re a failure. It doesn’t mean you’re fated to be sedentary. That’s the all-or-nothing trap, and plenty of people with the best intentions have fallen into it. People mistakenly think, “Either I stick to my plan and meet my goal, or I’m a failure.”

The fact is, all-or-nothing thinking is taking the easy way out. It’s a fancy way of quitting. Maybe you’ve missed a day or two of activity. Maybe you’ve blown a whole week. Maybe you’ve been sick, injured yourself, or run into some family trouble, and you’ve been out of commission for a month or more. The important point is to understand it for what it is: a lapse. Sure you’ve fallen a step behind, but your hard work is not lost. Remind yourself of all you’ve learned and how far you’ve come since you started. Look back through this book if you need proof that you’ve made progress. With a little effort you can take two steps forward and keep up the progress you’ve been making. One thing you don’t want to do is give up.

The key to recovering from a lapse is to act fast and get active immediately. Here’s what to do:

**Be honest.** Admit to yourself that you’ve hit a snag. Figure out exactly how long you’ve lapsed and think about what knocked you off track. Turn to your support troops. If you’ve gotten support and encouragement from friends or loved ones, now is the time to turn to them for another pep talk. Again, be honest. No one likes to admit that they’ve faltered, but by telling someone, you may be able to enlist help to get out of the rut and back on track.

**Start self-monitoring immediately.** Look back at your walking

Outdoor Segment

**The D & H Canal Trail.** [www.mamakating.org](http://www.mamakating.org)

The D & H Canal Trail is a combination greenway, trail, historic corridor and linear park being completed in stages by the town and the county. To date, the town has cleared almost 2 miles of towpath with the help of volunteers, crews from Otisville Prison and town staff. A 55 foot pedestrian bridge has been installed over the Wilsey Brook using funds acquired through the efforts of Senator Bonacic. When completed, the Linear Park and D and H Canal Trail will create a seamless linear park from the Bashakill to Phillipsport.

The trail is easily accessible for most residents of Mamakating. Within minutes from home you can access the trail and start enjoying the beauty of your surroundings. The trail kiosk is on Sullivan Street in Wurtsboro and another trailhead is located next to the Chase Elementary School. Residents can also access the trailhead on Ferguson Road behind the housing development. An additional entrance to the trail is located off Route 209 at Hornbeck’s basin. Finally, the county will soon complete another trailhead past Summitville at Bova Road. The trail’s open from dawn to dusk for all to enjoy. Parking is free and easily accessible. So walk and enjoy exploring this beautiful trail!
Distance:
The distance from the school to the north side of Route 17 is approximately 1.35 miles.

Additionally, a new trail will be opening up at the Mamakating Town Park in Bloomingburg, so stay tuned for more details in Spring of 2009!

Trail etiquette:
- Please walk no more than 2 abreast so you don’t block the trail for others
- Please stay to the right so others can pass on the left
- When passing slower walkers, say something like “on your left” so you don’t startle those you pass
- Please leash and clean up after your dog

Amenities:
Restrooms: The closest public restrooms to the trail are located at the Stewart’s and the Mobil stations at the traffic light in Wurtsboro. Restrooms may also be available at the library in the near future.

Rest stops: Take a little break at the bench located at the trail kiosk, at the park on Sullivan Street or at one of the local cafes in the village.

Program Evaluation
The Prevention Research Center of the School of Public Health at the University at Albany will be conducting a research study to evaluate the effectiveness of the Mamakating Walks! program.

Participants aged 30 and over will be eligible to participate in a research study of the program.

Participation in the research involves two key elements:

1. Monitoring your walking activity using a pedometer and logbook.
2. Responding to self-administered questionnaire or telephone survey every 6 months. The survey will take approximately 25-30 minutes and will include questions about your health, background, and physical activity. You will be contacted every six months afterwards to complete a follow-up survey at your convenience.

Participation in the research portion of the program is completely voluntary. As a resident of the area you may join the Mamakating Walks! program and use the schools and trails regardless of whether you choose to participate in the research or not.

For your participation in the research study you will be given a pedometer and log to keep track of your walking. You will also receive a $10 gift card from a local supermarket for your participation in each survey.

For more information about the research study, please contact the Prevention Research Center at (518) 408-2339.
Staying the course:

Even the best laid plans get interrupted at times. Sometimes life throws you a curve ball and you may need to devote more attention to family and work. Don’t be discouraged if you are thrown off track. Just get back into the routine as soon as possible. Remember, walking regularly will help reduce stress and give you more energy.

Lapses happen. Review your logbook and see where you had success and where you’ve had lapses. Identify the reasons for lapses and plan ahead for things that might get in the way of walking.

_For example_, if you know that you can’t walk at the school on Monday night because of another meeting, find a way to add shorter walks into your day (see _Tips for Fitting Walking Into Your Day_).

Unlike other exercise programs, walking can be done anywhere. So when you make your vacation plans, check out all the great places to walk.

Walk with a partner or group. Walking partners help keep you focused and on track.

Reward yourself periodically, just for staying on track. Celebrate with friends or treat yourself to a new book or CD or some walking gear, like Teflon coated socks that help to prevent blisters.

Avoid the _All or Nothing Trap_ (page 34). Research shows that doing even small amounts of exercise can help you maintain function.
Parking:

**Wurtsboro:** Parking is available in a number of locations in the Village of Wurtsboro. On street parking is available near the kiosk on Sullivan St. Public parking is also available at the library building across the street from the kiosk. The parking lot at Chase Elementary School is available after school hours for walkers to use the trail.

**Ferguson Road trailhead:**
Very limited parking is available at this entrance. However the entrance is extremely convenient for residents of the housing development.

**Hornbeck’s basin:**
There’s also plenty of parking available at the trailhead at Hornbeck’s basin located off Route 209 North.

---

I’m busy with my family  Make exercise a family event!

Bring your family along to walk or exercise with you.

Walking is a great way to spend quality time and it benefits everyone.

Kids have so many activities, there’s no time left for walking? Walk the halls during warm-ups and intermissions at basketball games and other school events.

Picking up the kids after school? Ask the kids to join you in a walk around the school hallways while they tell you about their day. It’s a great way to get exercise while spending time with your family.

Tip: Remember to track your progress in the logbook and schedule a fun reward for meeting your goals.
Walking can actually increase your energy level. Studies show that after only 2 or 3 weeks of regular walking, stamina and energy levels improve. So hang in there, you may find you’re not too tired to walk after all.

Even a ten minute walk can give you a good energy boost so you can always start there if you can’t yet manage a longer walk.

Try to walk at the time of day when you have the most energy. If you’re a morning person, go out first thing. If that’s not you, find the time when you’re most energetic—it might be mid-morning or after dinner.

Consider a walking partner—you can help each other stick to the routine.

I can’t stay motivated Try these tips!

Consider a walking partner— you can help each other stick to the routine.

When you have a walking partner, it’s very important. They kind of push you. We push each other. When you don’t feel like going, you go because you know that they want to go.”

Share your goals with people who support your efforts. Sign a contract with a family member or friend to stay active (Sample contract in appendix). Plan to reward yourself with something when you stay with the program.

Getting Started

Set a Goal

Set yourself up for success by establishing a realistic goal. While the U.S. Surgeon General recommends that adults get at least 30 minutes of physical activity on most days of the week, you may need to start with smaller increments, particularly if you are inactive at the present time. Below you will find some sample walking programs for people who are unaccustomed to any exercise and for those who engage in a modest amount of exercise. By following these suggestions, you can attain the Surgeon General’s recommended level in 10 to 12 weeks.

As you climb closer to that 30 minute goal, keep in mind that you can accumulate your activity in 10 minute sessions. Whenever you schedule walking into your day, plan to walk for at least 10 minutes at a time. This could be a 30 minute walk at the school or on the trail or 3 ten minute walks throughout the day. Do whatever works best for you.

Attitude is Key

Remember that walking is one of the safest forms of exercise for people of all ages. You CAN do this no matter what your entry level of fitness is. As long as your Doctor has cleared you to exercise, this program will work for you. Keeping a positive attitude and a firm commitment to the program will bring you many “steps” closer to success. Don’t think of this as one more thing in your already over scheduled life, think of it as the best thing you can do for yourself and your family.
Where should I start?

Keep it simple. Here are some recommendations to help you choose an initial walking goal.

If you’re just starting to walk for exercise, Walk for at least 10 minutes a day 2 to 3 days a week.

If you already walk occasionally for exercise, Walk for at least 20 minutes a day 3 days a week.

If you can’t do 10 minutes at a time, do what you can and work up to it.

If you have arthritis or difficulty walking, the Arthritis Today Walking Guide may help you decide what’s best for you. Ask coordinator for a copy!

Where will you start? Take a minute and write it down.

I will start to walk for exercise _______ minutes a day _____ days a week.

Walking is boring  Spice it up with these ideas!

Try walking with a partner.

“Because I walk with a partner, we’re distracted that we’re even walking. It’s a way of getting exercise that I don’t feel like I’m even exercising.

Don’t have a walking partner? Ask a friend, neighbor or family member to join you. Join someone at the school walking program that walks at your pace. Or contact the program coordinator to get paired with a partner.

Walk with a book on tape or to music. Listening to music not only keeps you entertained but also helps maintain a steady pace. An engrossing book can really make time “fly”.

I can’t get there  Here’s how to find a ride!

Ask a neighbor or friend to join you and give you a lift. Walking together will benefit both of you.

Contact the program coordinator to find out about transportation in your area.
**Roadblocks**

Lots of things get in the way of taking care of ourselves. Here are some tips to help you overcome roadblocks and fit walking into your day.

<table>
<thead>
<tr>
<th>I don’t have time to walk</th>
<th>Here’s how to fit it in!</th>
</tr>
</thead>
</table>

We all have busy lives. Try making an appointment with yourself to walk. By setting aside a specific time, you will be more likely to do it. Review the “setting goals” section and your own calendar to figure out when walking works best for you.

Picking up your kids or grandkids from after school activities? Plan to arrive early and do a few laps around the school hallways before you pick them up.

Attending a meeting at the school for the PTA, School Board, etc.? Come early and take a walk before the meeting begins. Or even better, convince the meeting participants to have the meeting while walking the halls.

If you just can’t fit a walk in at the school or trail, there’s lots of other ways to walk throughout the day. See *Tips on fitting walking into your day.*

> if you put it into your schedule….if you know that you’ve got to go walking at 6 o’clock at the school, you do that. It fits in there all of a sudden”

*Walker at Greenville Elementary School*

Writing down your goals and expectations will help you monitor your progress. There are a lot of great reasons to start walking regularly. Take a minute to jot down your own reasons for starting the walking program.

**I hope to ____________ by walking regularly**

(examples control my weight, blood pressure, etc.)

---

**I expect to ____________ better by walking regularly**

(examples: sleep, feel, look)

---

Don’t forget to look back periodically at this list to see if you’ve met your goals and expectations.
The Program

Once you’ve decided where to start, add gradually to your walk. Remember, experts suggest increasing your walk by 10-20% each week. Doing too much, too fast can set you back. Below are some sample walking plans to help you reach your walking goals.

<table>
<thead>
<tr>
<th>Not used to walking for exercise? Try this plan</th>
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<tbody>
<tr>
<td>Week</td>
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<tr>
<td>------</td>
</tr>
<tr>
<td>Minutes walking</td>
</tr>
<tr>
<td>Walks per week</td>
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</table>

<table>
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<tr>
<th>Already walk occasionally for exercise? Try this plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week</td>
</tr>
<tr>
<td>------</td>
</tr>
<tr>
<td>Minutes walking</td>
</tr>
<tr>
<td>Walks per week</td>
</tr>
</tbody>
</table>

After reaching and maintaining the goal of walking 30 minutes 5 times a week, congratulate yourself for taking charge of your health. Who knows, you may move on from here to even more strenuous exercise. Walkers can continue to accumulate health benefits by increasing their pace or by increasing the amount of time or days walked.
Pedometers (Step counters)

A pedometer counts the number of steps you take in a day and is an excellent way to track your walking progress. As part of this program you will receive a pedometer and log to help you keep track of your walking. To help us evaluate the program, we would like you to keep track of the steps and time spent walking in the school hallways or at the D & H Canal Trail.

How to wear your pedometer:

For accurate and reliable readings, you must wear your pedometer correctly.

1. Clip the pedometer onto your belt or waistband to the side, halfway between your belly button and hip. The pedometer clip should be against your body. When you open the door, the screen should face you.

2. Attach the security strap clip onto a belt loop, waistband or belt to prevent the pedometer from falling off.

3. Take the 20 step test.

The 20 step test

Take this simple test to find out whether your pedometer is placed correctly on your body.

1. Put on your pedometer as shown (next page)
2. Walk 20 steps
3. Without taking off the pedometer, open the door and check the number of steps it registered.
4. If it doesn’t read 19 to 21 steps, move the pedometer to a different spot on your waistband and repeat until you find the most accurate position.

Keep it SIMPLE.

That’s the beauty of this program. It is simple. That’s one of the reasons it’s so great. Keep these principles in mind and you are on your way.

S- Schedule walking into your calendar ahead of time. Be specific. When, where, with whom and for how long will you walk?

For example, I’ll walk the hallways for 15 minutes on Monday, Wednesday and Friday, when I pick up Jerry from school at 4pm.

I – Increase gradually: Set short-term goals and gradually increase the amount of time you walk. Experts suggest increasing the length of your walk by 10-20% each week until you reach the recommended 30 minutes of daily physical activity.

M - Monitor your progress using the logbook. Use it to see how far you’ve come and to find out what’s working and what isn’t.

P - Pace: Once you’ve reached your goal of 30 minutes a day, walking faster will benefit you even more.

L – Live it up. Celebrate your accomplishments. Reward yourself for meeting your goals with something like a book, a manicure, CD, or tickets to a sporting event.

E- Enjoy the benefits of all that you have accomplished. Enjoy the new you!!
What’s your plan? You’ve already decided where to start. Now take a minute to review your calendar and write down exactly where, when and with whom you plan to walk this week.

Write your plans down on the calendar or below
____________________________________
____________________________________
____________________________________

For example, I’ll walk on Monday and Wednesday with Jane at the HVRT at 10am for 20 minutes.

Reward yourself

Also take a minute to write down how and when you plan to reward yourself for walking regularly.
____________________________________
____________________________________
____________________________________

For example, I’ll buy myself a new CD after walking 3 times a week for 4 weeks.

Keeping Track

Record your progress in the log. Then look back at your goals and plans to see where you’ve had successes and where you’ve had lapses. Make sure you reward yourself for your efforts. Adjust your schedule when necessary to keep on track.

Hamstring Stretch

This stretch will give the calf and hamstring muscles more flexibility and make it easier for you to bend over. Stretch from either a sitting or standing position. On the ground, extend your left leg. Bend your right leg with the heel pointed towards the left leg. Slowly bend from the hips. Hold when you feel the stretch in the back of your leg. Hold for 15-30 seconds. Repeat with the other leg.

Helpful Tips
Relax and breathe
Stretch only as far as it is comfortable
Stretching shouldn’t be painful

Calf Stretch

Hold on to a lamppost, railing or chair for support. Put one foot forward and lean toward the wall. You should feel the stretch in the back of the calf. Hold for 15 to 30 seconds and then repeat with the other leg. This is also an ideal stretch to do at the curb. Hold on to lamppost and hang your right heel over the edge, bending the left knee slightly. Lower the heel until you feel the stretch. Then repeat

1. **Hamstring Stretch**
   - Move your left leg forward.
   - Bend your right leg with the foot pointed toward your left extended leg.
   - Slowly bend from the hips.
   - Hold the stretch in the back of your left leg for 15 to 30 seconds.
   - Repeat with your right leg.

2. **Calf Stretch**
   - Hold onto a lamppost, railing, or chair for support.
   - Put one foot forward and lean toward the wall.
   - Feel the stretch in the back of your calf.
   - Hold for 15 to 30 seconds.
   - Repeat with the other leg.

**Helpful Tips**
- Relax and breathe.
- Stretch only as far as it is comfortable.
- Avoid painful stretching.

**Mamakating Walks!**
**Stretching**

Stretching before and after you walk can give your muscles more flexibility and help prevent injuries and sore muscles.

**Quadriceps Stretch**

Place your right hand on to a lamppost, tree or wall for support. Bend your left knee and grab the left ankle with your left hand. Bend your right knee slightly and pull your left foot up. Your hips should be slightly forward. You should feel the stretch on the front of the left thigh. Hold the stretch for 15 to 30 seconds then switch legs.

**Back stretch**

Stand with your legs together and knees bent slightly while holding on to a lamppost or street sign. Round your back and bend your hips slightly forward. Slowly bend your knees and gently pull your body back.

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**Sample Walking Log**

First set your goal. Then schedule the days you plan to walk each week. Record your progress in the log.

<table>
<thead>
<tr>
<th>Day of the week</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking appointment</td>
<td>Meet w/m @ 4</td>
<td></td>
<td>Walk w/club @6pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of minutes</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Number of steps</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Goal for Week 2 ___________ minutes on _______ days

<table>
<thead>
<tr>
<th>Day of the week</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
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</tr>
</tbody>
</table>

To keep you on track, place the calendar with your walking schedule where friends and family members can see it, such as on the fridge or at your desk. Let friends know that they can help you meet your goals by providing support and walking with you.

This is a sample. Additional log sheets are at the end of the guidebook.
Incentives

Rewarding yourself along the way for meeting your goals can help you stay motivated. *Mamakating Walks!* will also be rewarding you for staying on track. We will distribute incentives such as water bottles, socks and T-shirts to walkers who meet their walking goals at the end of months 1, 2 and 3 of the walking program. Additional incentives will be given to walkers who continue to walk regularly at the end of 6 months and 1 year.

To claim your incentives, you need to:

1. Write your walking goals and plan in the logbook.
2. Follow your plan each month. Record your walking activity in the logbook.
3. Turn in your walking log to the study coordinator at the end of each month.

Now review your goals and walking plan for the next month and follow the same procedures. Once you’ve established a routine of walking for 12 weeks, congratulate yourself because you’ve now made walking a habit!

Remember, the overall goal is to walk for exercise for 30 minutes a day at least 5 days a week but you don’t have to get there all at once. Start slowly, increase gradually and reevaluate your goals along the way.

Tips for including walking into your day

Sometimes you may not be able to schedule a walk at the school or on the trail into your day. So plan to walk whenever and wherever you can. Here are some ideas…

- Take a ten minute walk before you eat lunch and bring your co-workers along.
- Park your car farther away from work or errands.
- Walk the kids or grandkids to school.
- Take the stairs at work instead of the elevator.
- Walk for ten minutes before you shop at the grocery store or the mall.
- Walk to the post office, bank or dry cleaners.
- Walk around the sports field while watching your kids or grandkids at a game or practice.
- Let the dog take you for a walk.
- Talk with friends while you walk instead of calling them on the phone or take your cell phone for a walk.
- Walk while you wait at the doctor’s office or the airport.
- Borrow a walking video or CD from the library and walk to it at home or with a group.
Discomfort

A little soreness and stiffness is normal especially when you start a new exercise program. This will ease once you establish a regular habit of walking. But you shouldn’t feel real pain. Remember to start slowly and build up to walking 30 minutes a day.

If you have arthritis or stiffness normally, use the 2 hour pain rule. If you have more pain two hours after you finish walking than before you started, then you have overdone it. Cut back until you find a level that does not result in more pain two hours after you finish.

Being sedentary isn’t the answer. The less you move, the stiffer your joints will become.
Walking Tips

- Wear comfortable clothes and shoes when you walk. A good pair of walking shoes will provide you with the support you need to get moving.

- Warm up before you start. Do some stretching exercises (page 24) and then walk slowly for the first few minutes to warm up.

- Walk with your head erect and your back straight. Try to keep your stomach pulled in. Relax your arms and let them swing naturally. Let your body find its own stride. To decrease the stress on joints, remember to step heel to toe.

- Walk at a pace that feels comfortable but is faster than a leisurely stroll. If you can talk while walking briskly, you’re probably moving at a pace that’s right for you. If you’re too breathless to talk, you need to slow down. Trying to keep up with someone else’s pace can be discouraging so find a walking partner who goes at a similar pace.

- Walk slowly for the last few minutes to cool down and stretch again.

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**Drinking Water**

*Drink water before, during and after exercise*

*Drinking water helps to avoid muscle cramps, maintain proper muscle tone and regulate body temperature*

*Be sure to drink more fluids whenever you increase your physical activity and during hot weather*

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Safety

- Walk with a partner. You can keep each other motivated and safe.

- Let someone know where you are going and when you’ll be back.

- Carry a cell phone, identification &/or whistle with you in case of emergencies.

- Be aware of your surroundings. Keep headsets low so that you can also hear traffic.

- **If you feel dizzy, lightheaded or in pain, stop and rest. Contact your doctor before your next scheduled walk.**

Walking Outdoors

- **Warm weather** - If it’s too hot or humid outside, try to walk in the early morning or after dinner.

- **Insects** - If insects are a problem on the trail, wear insect repellant and protective clothing to prevent ticks and mosquito bites. Avoid walking at dusk when mosquitoes are most active.

- **Sunscreen** - Wear sunscreen of at least 15 SPF on uncovered skin and wear a hat.

- **Animals** – Animals will sometime appear near the trail. Do not approach the animals. Make loud noise or use a whistle to drive them away. Use walking poles.