



2010 Winter Warm-Up Update & News Week #2—Jan. 30, 2010

What committed walkers you are - it was great to see **158 smiling faces** on such an arctic cold, 3 degree morning last Saturday! For those unable to make it to the Lansing Mall on Saturday, **21 Satellite Groups** have formed in mid-Michigan communities! We will add them to the report next week. As we gear up, we hope that you are finalizing your goals and making action plans. Remember to list your personal goals on the top of your activity log . . . your energy and endurance levels will increase as we go through these next 8 weeks!

The weekly Lansing Mall agenda:

8:30 a.m.—Sign-in/Registration

9:00 a.m.—The theme for the week and the Virtual Walk Game in Center Court

9:45 a.m.—In Center Court, the 2010 Winter Warm-Up with the Blues Community Challenge Update, Virtual Walk Game answers & prize drawings, announcements.

Registration Clarification: Many of you have been confused about the registration process this year, since the registration for the Community Partners in Health Winter Warm-Up Program (Lansing Mall and Satellite Groups), and the 2010 Winter Warm-Up with the Blues Community Challenge need to be done SEPERATELY. We were aware from the beginning that having dual registrations could be confusing, but because of the mechanics of how these two programs run concurrently yet are tracked separately, it was our only option. Both programs welcome new participants at any time during the 10-week program. You can register for each program by visiting www.cphlansing.com. You will find buttons for each program on the orange tool bar:

- Winter Warm-Up Program (Lansing Mall and Satellite Groups) Registration button
- 2010 Winter Warm-Up with the Blues Community Challenge Registration button

If you have any questions, please contact Alicia Armstrong at alicia@playmakers.com or 517-282-5035.

“Good Form Walking/Running Clinic” was presented by Curt Munson from Playmakers. Walkers were guided through 3 simple steps to help focus and maintain good walking/running form:

- Good posture and alignment.
- Land on the mid-foot, don't over-stride.
- Flex at the ankles.



A consistent approach is KEY to developing a good walking/running form. Curt advised walkers to make small, simple adjustments. Don't be overwhelmed. And be patient. Walking/running faster, more efficiently and injury free is what walkers/runners strive for. *With a focus on proper body mechanics, Good Form Running aims to help walkers/runners of all abilities to achieve these goals.*

There are FREE introductory Good Form Walking/Running Clinics at Playmakers every Thursday evening from 6:00 – 7:15 pm. To sign-up, email www.goodformrunning.com or call 349-3803, or stop by Playmakers.

“How to Create and Follow a Fitness Plan” was presented by Kalea Delezenne, a Certified Personal Trainer and Director of the Mayor’s Council on Physical Fitness. Highlights included:

- Find something you like to do.
- Set goals and make a plan.
- Your plan should include components to make you healthier, increased steps and healthier food choices . . . toward a healthier lifestyle.
- Use the following recommendations as a guide—remember to start slowly:
To receive health benefits from physical activity, adults should try to meet the recommendation of 30 – 60 minutes of moderate intensity physical activity at least 5 days a week. Children and adolescents need at least 60 minutes of moderate intensity physical activity a day.
- Don't make your workout too hard – find a middle level of intensity and increase gradually.
- Get support – find an “exercise buddy”.
- Pay attention to what your body tells you.
- Keep a log of your activities.
- Reward your progress!

Virtual Walk – Delta Township Parks and Recreation presented a display featuring the parks within the township, and programs offered through their department. We learned about the health benefits of walking through the **“What Happens When I Walk”** questions created for the Virtual Walk Game. Thanks Kathy and Barb!

1. Research has shown that 30 minutes of moderate exercise which includes walking can
 - a. Reduce your risk of coronary heart disease.
 - b. Improve your blood pressure and blood sugar levels.
 - c. Boosts energy level.
 - d. **All of the Above is the CORRECT answer!**
2. Daily Physical Activity helps prevent bone loss
True is the CORRECT answer!
3. Research shows that individuals who achieve this many steps per day will have lower risk for many chronic conditions including heart disease, some cancers, diabetes and obesity?
 - a. 5,000 steps
 - b. **10,000 steps is the CORRECT answer!**
 - c. 3,000 steps



4. Research has found that stretching after your walk is as important as stretching before your walk.

True is the CORRECT answer!

Walkers covered the Delta Township perimeter 3 times with all their Lansing Mall laps! Way to go walkers! Belen, Linda, Loren and Cammie were winners of the Virtual Walk prize drawings.

2010 Winter Warm-Up With the Blues Community Challenge Update: was provided by the Community Challenge Sponsor, Blue Cross Blue Shield of Michigan. As of Friday, Jan. 29th there were **580 registered participants with a 46% user activity rate**, which means that almost half of all registered participants were already logging physical activity! This is an incredible start to the Blues Community Challenge, and of course we expect many more folks to register to have their own physical activity count toward the Challenge totals for their HOMETOWN TEAM!!!

We will begin to report standings for the *Community Challenge* next Saturday, Feb. 6th. Again, The Blues Community Challenge WINNERS will be based upon the communities which have the most participants engaging in the highest levels of physical activity, averaged per walker, over the course of the Winter Warm-Up's 10-week program. At the WWU Celebration event on March 27 at the end of the Challenge, BCBSM will be awarding a total of \$8,000 in grants to the participating communities to be used for a health or wellness project in the winning communities. **You can register for the Challenge at the Winter Warm-Up** at the Lansing Mall on Saturday mornings, or on the Community Partners In Health website, www.cphlansing.com/challenge.html or through Blue Cross @ www.bcbs.com/innovations/walkingworks/.



Communities Resources presented by Capitol Area District Library, Kathy Johnson



Blood Pressure Weekly Screenings by LCC Student Nurses and Michelle Couchon, RN

Special thanks to:

Curt Munson from Playmakers for the Good Form Walking/Running MiniClinic.

Kalea Delezenne for a helpful presentation on how to adopt and maintain a healthy lifestyle.

Kathy Johnson for the interesting display of resources for healthy eating and physical activity available at the Capital Area District Library.

Barb Kellogg and Kathy Sobczyk for the fun Virtual Walk through Delta Township and for the health benefits of walking in "What Happens When I Walk" questions for the Virtual Walk Game.

Lauren Evans, WILX for the Winter Warm-Up & Blues Community Challenge Weekly Updates.

Next Week: February 6th - "FUN Steps for the Family":

- Hula Hoop Contest
- Hopscotch Tournament
- Scavenger Hunt—Healthy Living
- Wii Fit and Exercise Demonstration by Game Stop in the Lansing Mall
- Virtual Walk will be about a Bikeable Community. Michigan League of Bicyclists will feature Bike Safety, and present a bicycle that makes smoothies!
- Blood Pressure Checks

***Together — helping make mid-Michigan
a healthy, active place to live!***