



# Safe and Successful Physical Activity Tips

If you have a chronic health problem such as obesity, diabetes, heart disease, or high blood pressure, ask your health care provider about what type and amount of physical activity is right for you.

- **Start slowly.** Include physical activity in your daily routine and gradually work up to a 30-minute goal to maintain health and manage your weight, or a 60-minute goal to achieve weight loss.
- **Set goals.** Set short-term and long-term goals and celebrate every success. Examples of beginner goals: use the stairs instead of the elevator; walk 15 minutes a day. Next goal: aim for 30 minutes of physical activity a day.
- **Track progress.** Keep an activity log to track your progress. Note when you worked out, what activity you did, how long you did the activity, and how you felt during your workout. Try an on-line activity tracker from the President's Challenge at: [www.presidentschallenge.org](http://www.presidentschallenge.org)
- **Think variety.** Choose a variety of physical activities to help you meet your goals, such as walking your dog, parking farther from your destination, riding a bicycle or trying a strength training routine.
- **Be comfortable.** Wear comfortable shoes and clothes that are appropriate to the activity you will be doing.
- **Listen to your body.** Stop exercising and consult your health care provider if you experience chest discomfort or pain, dizziness, severe headache, or other unusual symptoms while you work out. If the pain does not go away, get medical help right away. If you are feeling fatigued or sick, take time off from your routine to rest. You can ease back into your program when you start feeling better.



- **Choose healthy foods.** Your health and weight depend on both your eating plan and your physical activity level.
- **Get support.** Encourage your family and friends to support you and join you in your activity plan. Form walking groups with co-workers, play with your children outside, or take a dance class with friends.

Regular physical activity will help you feel, move, and look better. Whether your goal is to achieve and maintain a healthy weight or to improve your health, becoming physically active is a step in the right direction. Take advantage of the health benefits of physical activity and make it a part of your life.

(Source: National Institute of Diabetes and Digestive and Kidney Diseases - NIDDK)



# Bike Safety Tips



## Ten Commandments of Bicycling

1. Wear a helmet for every ride. It may save your life!
2. Conduct an ABC Quick Check before every ride.
3. Obey traffic laws: a bicyclist has the same rights and responsibilities as a driver.
4. Ride predictably and signal lane changes and turns.
5. Scan ahead for parked vehicles that may pull out or open a door into your path.
6. At intersections, ride in the right-most lane that goes in your direction.
7. Be prepared for mechanical emergencies with tools and know-how.
8. Control your bike by practicing bike handling skills.
9. Drink before you are thirsty and eat before you are hungry.
10. Have fun!

## ABC Quick Check

### A is for air

- ◆ Inflate tires to rated pressure as listed on the sidewall of the tire.
- ◆ Use a pressure gauge to insure proper pressure.
- ◆ Check for damage to tire tread and sidewall; replace if damaged.

### B is for brakes

- ◆ Inspect pads for wear; replace if there is less than  $\frac{1}{4}$ " of pad left.
- ◆ Check pad adjustment; make sure they do not rub tire or dive into spokes.
- ◆ Check brake level travel; at least 1" between bar and lever when applied.

### C is for cranks, chain and cassette

- ◆ Make sure your crank bolts are tight; lube the threads only, nothing else.
- ◆ Check your chain for wear; 12 links should measure no more than  $12 \frac{1}{8}$  inches.
- ◆ If your chain skips, you might need a new cassette or just an adjustment.

### Quick is for quick releases

- ◆ Hubs need to be tight in the frame; the quick release lever should engage at 90°.
- ◆ The hub quick release lever should point back to insure nothing catches on it.
- ◆ Inspect brake quick releases to insure that they have been re-engaged.

### Check is for check it over

- ◆ Take a quick ride to check if derailleurs and brakes are working properly.
- ◆ Inspect the bike for loose or broken parts. Tighten, replace or fix any you find.
- ◆ Pay extra attention to your bike during the first few miles of the ride.



# Walking Safety Tips



## Ten Commandments of Walking

1. Obey pedestrian safety laws and use caution- walk against traffic, use crosswalks.
2. Be alert to approaching traffic- don't listen to personal radio headsets.
3. Practice personal safety- avoid isolated routes, carry personal id, trust your personal intuition, walk with a friend.
4. Wear appropriate clothing for the weather- dress in layers, waterproof clothing for rain.
5. Drink lots of water before, during and after your walk.
6. Wear sunscreen!
7. Wear proper walking shoes and socks that are comfortable.
8. Listen to your body and start slowly.
9. Think about your walk in 3 parts. Warm up/stretch - beginning, brisk pace - middle, cool down - end.
10. Have fun!

## Ten Reasons for Walking

1. Helps you to lose weight and keep it off.
2. Relaxes the mind and body as well as reduces anxiety and depression.
3. Boosts energy and increases productivity.
4. Improves sleep.
5. Strengthens your bones.
6. Lowers your risk for heart disease, adult onset diabetes, stroke, and mortality from all causes.
7. Strengthens the heart muscle.
8. Spend time with your friends and family.
9. Makes you look and feel good.
10. It's free!