



# To Your HEALTH



WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

Make Your **New Year's Resolutions** Stick:

## 7 STEPS TO BECOMING PHYSICALLY ACTIVE

Whether you've decided to start being physically active now or you would like to be physically active on a more consistent basis, congratulations! You have taken an important step by focusing on future goals. Now, it's time to take action.

**1 Develop Support** | Share your commitment to becoming physically active with those around you. When seeking the support of others, help them understand your reasons for change so they can help you. Make use of the support networks that exist around you, such as friends or co-workers who are willing to help you remain motivated.

**2 Find The Time** | With some creative thinking, you'll find ways to squeeze a little more time out of your busy schedule. Adding short bouts of physical activity throughout the day really works. Walk down the hall instead of using the telephone or e-mail. Park farther from the door. Could you get up earlier to take a brisk walk? Climb up and down the stairs for 20 minutes during lunch?

**3 Make Change A Priority** | Perhaps you've already made small changes in your level of activity that you can build on or maybe you will be starting fresh. Either way, adding physical activity

into your lifestyle is now at the top of your priority list. You can be confident that you are on the road to success.

**4 Create A Plan Of Action** | The next step is to set some achievable goals and create a plan of action. For example, if you chose physical activity after work as the area to work on for the week, a specific goal might be walking the dog after work four days a week.

**5 Monitor Your Progress** | It is also important to monitor your progress. Self-monitoring can help you meet your goals by increasing your awareness of the changes you have or have not made. It is also important to build on your goals. For example, if your first weekly goal is to walk the dog 30 minutes twice a week, build on this goal the following week. So, by the end of week two, your goal will be to walk the dog 30 minutes twice a week plus perhaps gardening on Sundays.

**6 Reward Yourself** | You deserve a medal! You set and achieved some specific goals. Reward yourself with a gift.

**7 Use Long-Term Vision** | Keep in mind as you are progressing that health professionals recommend at least 30 minutes of moderate-intensity physical activity at least five days per week.

## 7 Step Integration

Here's how you can integrate the seven steps to becoming physically active into your daily routine.

### Develop Support

Find friends, co-workers or family who will join you for evening walks. Gather a group for a weekend hike and picnic. Name two people who you will rely on for support and motivation. Name two ways you would like to alter your environment to support your goals.

### Find The Time

Think about your schedule at work, home, and elsewhere. Find at least three slots that you could devote to physical activity during the next week, and write them down.

### Make Change A Priority

Choose one area of your life (e.g., work, lunch/break time, before/after work, weekends, active indoor chores, active outdoor chores) that you want to address in the next week.

### Create A Plan Of Action

Now it's your turn! Choose four physical activity goals that you hope to accomplish within the next month.

### Monitor Your Progress

Try keeping an activity log for your daily activity.

### Reward Yourself

Here are some ideas: a health club membership, tickets to a sporting event, a massage, a new CD, or a sitter for the kids.

### Use Long-Term Vision

Aim to be active for 30 minutes a day on most days of the week, but for now, just keep building on your successes week by week.



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## Exercise Activities That You Can Do While Working

By Mike Perko, PhD

What if I told you this was not like other articles telling you to stretch, get up and walk, or go take the stairs rather than the elevator at work? What if I told you it's the little things you can do while working that add up to fitness and health benefits. What if I told you that I got rid of my office chair three weeks ago and I am standing up as I am writing this?

### Do I Have Your Attention Now?

Now getting rid of your office chair may not work for you, but it was one thing I could do to actively engage my muscles during a time in which I usually sat. Here are some things that may work for you (and yes, I am going to mention stretching, getting up and walking, and taking the stairs). Why focus on the office? Well, *The American Journal of Cardiology* suggests that three 10-minute exercise bouts per day offered fitness benefits similar to those gained from one 30-minute session. Where can we get one or two of those exercise sessions? You guessed it.

### In 10 Minutes You Can...

- Take the stairs. In fact, take two of them at a time.
- Walk around your building, or your floor.
- Deliver a message in person rather than an email.
- S-T-R-E-T-C-H.
- Have lots of short meetings? Have them standing up.
- Still sitting? Grab the arms of the chair and press your body up out of the seat. Often.

Little things do mean a lot—in fact, these can be done so easily you can start right now... up you go.

## Stair Climbing Records

For those of you who cringe when the elevator is broken and two flights of stairs have to be taken—you might want to sit down while reading this.

Every year several stair climbing races are held around the world with the competitors running up the stairs of some of the tallest buildings and towers in the world. World class athletes from running and cycling regularly compete in such events and many specialize in stair climbing races only. Stair climbing is one of the most grueling sports, requiring competitors to move their entire body weight vertically, instead of horizontally.

Here are the stair climbing records for one of the most famous buildings in the world, the 1,576 step Empire State Building:

### 20-29 Male

9:33 min. Paul Crake (Australia) 2003

### 20-29 Female

11:23 min. Andrea Mayr (Austria) 2006

### 50-59 Male

13:11 min. Hal Carlson (USA) 2005

### 50-59 Female

16:06 min. Marybeth Zajac (USA) 2007

### 80-89 Male

21:56 min. Salomon Salha (Venezuela) 2006



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