Southwest Nebraska Public Health Department

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Walk to Health

Walk to Health
July, 2012
Newsletter

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Like a Butterfly

A man found a cocoon of a butterfly. One day a small opening appeared; he sat and watched the butterfly for several hours as it struggled to force its body through that little hole. Then it seemed to stop making any progress. It appeared as if it had gotten as far as it could and it could go no further.

Then the man decided to help the butterfly, so he took a pair of scissors and snipped off the remaining bit of the cocoon. The butterfly then emerged easily. But it had a swollen body and small, shriveled wings.

The man continued to watch the butterfly because he expected that, at any moment, the wings would enlarge and expand to be able to support the body which would contract in time.

Neither happened! In fact, the butterfly spent the rest of its life crawling around with a swollen body and shriveled wings. It never was able to fly.

What this man in his kindness and haste did not understand was the restricting cocoon and the struggle required for the butterfly to get through the tiny opening were nature's way of forcing fluid from the body of the butterfly into its wings so that it would be ready for flight once it achieved its freedom from the cocoon.

Sometimes struggles are exactly what we need in our life. If nature allowed us to go through our life without any obstacles, it would cripple us. We would not be as strong as what we could have been. And we would never be able to fly.

Motivation

The cost of operating a car for one year is approximately $5,170. The cost of operating a bicycle a year is only $120.
Walking is free!

Longer walks (at 40+ minutes at 60% to 65% heart rate) are better for losing weight while *shorter walks* are best for conditioning your heart and lungs. Both types of walking will increase your metabolism and energy level while helping relieve stress and slow down aging.

Fourteen city blocks is equivalent to a mile.

The Duke University Medical Center found that a brisk 30-minute walk or jog around a track three times a week
was just as effective
as antidepressant medications in relieving symptoms of major depression.

Research has shown that for every minute you walk, you will extend your life
1.5 to 2 seconds.

A recent Harvard study shows that walking at a moderate pace (3 mph) for up to 3 hours a week—or 30 minutes per day—can cut the risk of heart disease in women by as much as **40%!**

An average city block is equivalent to **200** steps.

Participant Corner—Q&A

This question was submitted by Tammy C. of Red Willow County
Question: "if I skipped a week of walking, can I still continue with the program?"
Answer: Absolutely. While it is important to maintain a regular routine, sometimes life gets hectic or things may happen that prevent you from doing what you originally planned. Don't get discouraged. It is important to not give up. Warm back up and jump back into the routine and finish strong. Interruptions in our day-to-day routines are bound to happen, that is after all, what makes life spontaneously enjoyable.

If you have a question, please do not hesitate to ask. Chances are, someone else has the same question. Questions do not get printed without your permission. Email: nurse@swhealth.ne.gov.

404 West 10th, P.O. Box 1235 · McCook NE 69001 · www.swhealth.ne.gov

Around Town...

where laughter is contagious, friendships are welcoming, and good times are plenty.

Walk to Health 2012 participants, **Tammy and Shianne Carpenter**, **Larry and Georgia Kelly,** and **Jole Keen** of McCook, NE are out enjoying the warm evening weather during their walk. They walk four days a week, either in the early morning or late evening, or both. **Keep it up!**

If you have a story or photos that you would like to share about exercising, email nurse@swhealth.ne.gov. We would love to hear from you!

Find Your Target Heart Rate

One way of monitoring physical activity intensity is to determine whether a person's pulse or heart rate is within the target zone during physical activity.

For moderate-intensity physical activity, a person's target heart rate should be 50 to 70% of his or her maximum heart rate. This maximum rate is based on the person's age. An estimate of a person's maximum age-related heart rate can be obtained by subtracting the person's age from 220.

For example, for a 50-year-old person, the estimated maximum age-related heart rate would be calculated as 220 - 50 years = 170 beats per minute (bpm). The 50% and 70% levels would be:

- 50% level: 170 x 0.50 = 85 bpm, and
- 70% level: 170 x 0.70 = 119 bpm

Thus, moderate-intensity physical activity for a 50-year-old person will require that the heart rate remains between 85 and 119 bpm during physical activity.

Finding your pulse.

You can take your pulse at the neck or wrist. I recommend the wrist. You can feel the radial pulse on the artery of the wrist in line with the thumb. Place the tips of the index and middle fingers over the artery and press lightly. Do not use the thumb. Take a full 60-second count of the heartbeats, or take for 30 seconds and multiply by 2. Start the count on a beat, which is counted as "zero". Check your heart rate with your target heart rate range to determine if you are on target.

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Cherish your health!

If it is good, preserve it.
If it is unstable, improve it.
If it is beyond what you can improve, get help.

Make Walking Fun

- ⇒ Find a buddy. Company is great on a walk, it provides a source of motivation as well as an opportunity to socialize with a friend.
- ⇒ Take the family out for a walk. Family activity can be a lot of fun. They will keep you company and will be getting their activity in too.
- ⇒ Reward yourself for a job well done. Put a dollar in a jar at the end of every week of walking. Watch all of your hard work pay off. You can use it to treat yourself.
- ⇒ Participate in local walking or community events. People from all walks of life enter these events. You do not have to be a professional athlete to have fun here.
- ⇒ Plan a sight seeing day. What better way to explore a nice place than to take a good walk. This will make your walks interesting and educational.
- ⇒ Make yourself a good music tape, CD, or playlist to listen to while you walk. Remember when you are wearing headphones to stay aware of your surroundings.

Happy walking!

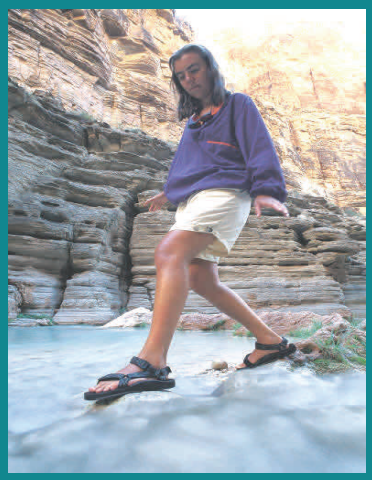
IMPORTANT DISCLAIMER!

Always check with your doctor before starting any new physical activity program or before increasing your activity level.

The information contained in this newsletter should be used for suggestions and informational purposes only. This information should never take the place of your doctor's recommendations.
If you have concerns, please seek the advice of your primary care provider.

Walk to Health for Kids

Game of the Month— Kid Tested and Approved



Jump the Creek

Need: Two long ropes

Divide the children into two teams, one at each end of the play area.

On your signal, the two teams run and try to jump the ropes.

Keep on widening the ropes each time.

If the children land in the creek, they must dry their feet (lie on their back and shake their legs).

They then get up and continue the jumps!

Fruity Search—Can you find the fruits?

Apple
Avocado
Banana
Blueberry
Grapefruit
Kiwi
Mango
Orange
Peach

S	R	Y	P	A	O	N	Z	R	R	G	S	Y	A	Q
U	T	E	X	S	B	G	O	A	V	R	R	T	P	S
P	A	R	O	O	U	O	S	L	U	A	O	B	R	D
R	T	B	A	E	H	P	Q	U	E	P	E	D	T	S
X	Q	R	C	W	B	P	N	I	M	E	G	H	U	U
F	V	V	X	E	B	D	H	S	A	F	N	R	D	V
P	W	B	R	M	A	E	O	T	N	R	A	N	E	N
B	E	R	J	N	P	R	R	R	G	U	R	M	I	G
O	Y	A	A	P	P	L	E	R	O	I	O	R	J	J
K	D	N	C	N	D	M	Z	O	Y	T	G	U	M	X
X	A	A	U	H	O	I	W	I	K	J	I	K	Q	T
B	P	J	C	N	J	N	V	P	R	Z	L	G	P	A
H	G	M	C	O	H	Y	R	R	E	B	E	U	L	B
S	S	M	Z	F	V	P	Y	I	Y	F	V	W	M	U
Z	Z	L	D	O	U	A	S	L	L	V	R	J	I	I

Snack of the Month—Kid Tested and Approved

Monkey Treat

Kids, get your parents help to make this cool, summer, protein-packed snack.

- 1 to 3 tbsp. natural peanut butter, chunky or smooth
- 1 frozen banana
- 2 cups orange juice

Combine the frozen banana, peanut butter and orange juice in a blender or food processor. Blend until creamy. A swirl of chocolate syrup is the perfect topping for this thick and nutty treat.

Summertime fun!