



## Poll

- What is your favorite form of physical activity?
  - Biking
  - Swimming
  - Walking
  - Strength training
  - Aerobics
  - Other

## Physical Activity

- Why?
- How much?
- Walking
- Taking the Stairs
- Fitting it all in



## Why be active?

- Lose weight
- Lower cholesterol
- Strengthen your heart
- Boost energy levels and reduce stress



## How much?

- 30 minutes a day, most days of the week



## Good News!

10 minutes at a time is fine!



## Walking: 10 minutes at a time

- Create Extra time - Set your alarm for 10 minutes earlier than normal in the morning.
- Park your car in the furthest car park space from your office doors or Shopping mall entry
- Walk your kids to school.
- At lunch take 10 minutes to walk around the block whether you are at home or at the office.
- Do a couple of quick laps around your child's playing field.
- Take your dog for a walk before or after dinner.
- Take a 10 minute walk before you leave work and head home.

## Staying Motivated

- Try new routes, distances
- Keep your body guessing
- Keep things interesting



## Strategies for Success



- Put it on the calendar
- Make a weekly action plan
- Get a buddy
- Chart your progress
- Sneak in extra steps

## Pedometers





HEALTHY opportunities  
YOUR HEALTH. YOUR FUTURE.

- Related Events for All Employees

Live Healthy Iowa Challenges		
Challenge	Challenge Date	Registration Opens
Strut Your Pup	Apr 21 – May 30	Mar 10
Burst Your Thirst	Jun 16 – Jul 25	May 5
The Next Step	Sep 8 – Oct 17	Aug 4
Healthy Families	Sep 22 – Oct 31	Aug 18

- [www.Livehealthyiowa.org](http://www.Livehealthyiowa.org)

## Poll

- Where is your favorite place to walk?
  - At work
  - In my neighborhood
  - At the mall
  - on a treadmill
  - Other

## Walk Score

- [www.walkscore.com](http://www.walkscore.com)



## Stairs

- Great way to fit in minutes of activity
- Take the stairs when arriving or leaving building
- To meetings on different floors
- To use the restroom, fill up your water bottle, etc.
- Climbing the stairs burns about 9 calories a minute.\*

\*based on a 155lb individual, State of Wisconsin Dept. of Health and Family Services

## Biking

- May is National Bike Month
  - Bike to Work Day May 16
- Commuting Tips
  - Lights
  - Parking
  - Pannier v. backpacks
  - Clothing and Hygiene
  - Route selection
    - Recreational Trails
    - Sidewalks v. roads
- Resources –maps and organized rides



## May is National Bike Month

- Celebrating bikes for transportation
- Recreational riding
- Organized rides
- Awareness and safety

Bike Month Iowa

Hosted by Des Moines Bicycle Collective

Link to list of events

<http://bikemonthiowa.com/events/>



## Commuting Tips -- Lights

- Required by Iowa law -- before sunrise and after sunset
- Bike lights are relatively cheap and better
- Night riding is fun!



## Parking

- Indoor parking? Lucky!
- Outdoor parking
- Racks and solid objects
- Locking your bike



## Clothing and Hygiene

- Nothing special required
- Helmet and eye protection recommended by League
- Gloves
- Bike shorts
- Rain gear
- Shower, wet ones, and deodorant



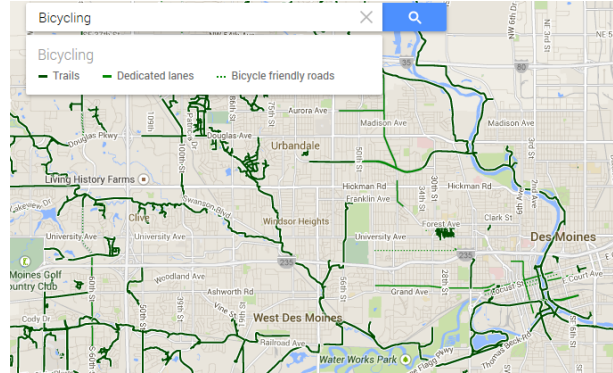
## Panniers v. Backpacks

- Personal choice
- Bike selection –rear drop-outs for rack
- Panniers are very convenient and you don't notice the weight
- Panniers come in many different styles
- Backpacks work too! Puts more pressure on hands and rear.
- Courier Bags
- Drive Monday—keep clothing at work

## Route Selection

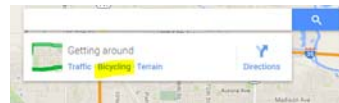
- Route selection is a personal choice
- Speed v. scenery
- Traffic speed and congestion
- Wide outside lanes and clean shoulders
- Bike lanes
- Time of day and weekday or weekend
- Weather
- Take the long way home

## Resources



## Resources

Google Maps—set to bicycling



IDOT Interactive Map—search Iowa Bikes  
<http://www.iowadot.gov/iowabikes/index.html>  
IDOT also prints a bicycling map

Map My Ride <http://www.mapmyride.com/>

Des Moines Bicycle Collective  
<http://dsmbikecollective.org/cyclecentraliowa/maps/>

## More Resources

Iowa Natural Heritage Foundation  
New trail app

<http://www.inhf.org/iowa-trails.cfm>

[BikeIowa.com](http://BikeIowa.com)

Has list of organized rides throughout the state and links to map resources

## Questions and Contacts

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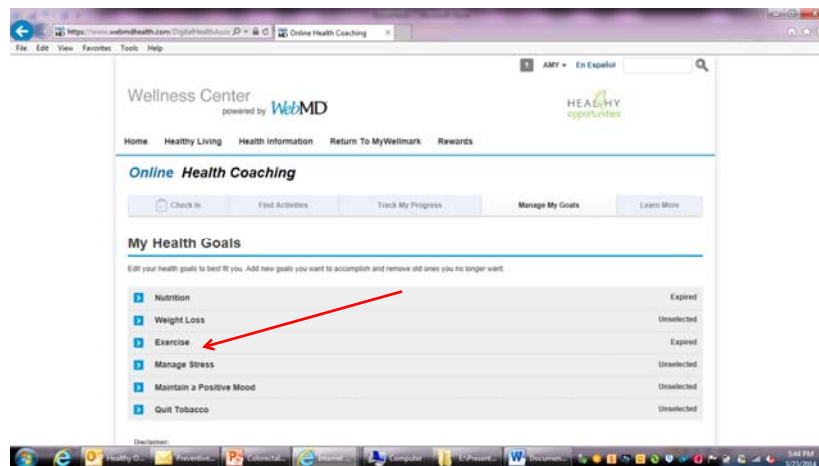
# HEALTHY OPPORTUNITIES

Other Resources & Information



## Online Trackers

- Resource for wellness program participants\*



## Online Trackers

- Resource for non-wellness employees (AFSCME, UE-IUP, Legislative and Judicial Branches)

The screenshot shows the myfitnesspal website. At the top, there is a navigation bar with links for ABOUT, FOOD, EXERCISE, APPS, BLOG, and COMMUNITY. Below this is a promotional banner for T25 with the text "GET 4 FREE GIFTS WHEN YOU ORDER NOW!". The main content area is titled "Calories Burned From Exercise" and features a search bar with the text "Search our exercise database by name:" and a "Search" button. To the right of the search bar is a dropdown menu labeled "...or choose an exercise below:" with "Abdominal Crunches" selected. Below the search bar is a section for "Matching exercises:" which is currently empty. To the right of the search bar is a sidebar with the heading "Weight Loss for Ages 45+?" and a "CLICK HERE" button. Below the sidebar is a form titled "How Many Calories Did I Burn?" with input fields for "Your Weight: 150 Pounds" and "How Long: Minutes", and a "Calories burned: 0" display. At the bottom of the page, there is a link to "Browse our exercise database by name:" followed by a list of letters from A to Z.

## Other Resources

- Department of Natural Resources – Healthy & Happy Outdoors (H2O) - <http://www.iowadnr.gov/Recreation/HealthyHappyOutdoors>
- Healthy Opportunities – Fitness Center Discounts - <http://employeewellness.iowa.gov/>
- Healthways Fitness Your Way
  - More than 8000 national and local fitness facilities participating
  - Blue 365 members receive discounts
  - More info to come!



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