

HEALTHY PATHWAYS FOR CHRISTIANS©

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The body is a unit, though it is made up of many parts;
and though all its parts are many, they form one body.
So it is with Christ. (1 Corinthians 12:12 NIV)

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Healthy living is living for God. (Matthew 5:14-16)	A healthy heart loves God. (1 Peter 5:6-10)	God leads us on our mission for healthy living. (Isaiah 40:29-31)	God loves us unconditionally. (John 3:16-17)

Pedometers

Introduction

1. Pedometers provide an evaluation of daily physical activity.
2. Pedometers measure the quantity of physical activity. Electronic (battery) pedometers detect movement through a spring loaded, counter-balance mechanism that records vertical movement at the hip.
3. Pedometers are small machines or devices that measure steps, distances, and calories expenditure. This pedometer has three modes: distance, number of steps, and calorie expended. The operational manual provides instructions for (1) Step Counter, (2) Distance Traveled K/M, (3) Stride Length, (4) Calorie Calculation.

Placement

1. The placement point is important in order for an accurate measurement to be recorded.
2. Pedometers are designed to be worn at the waistline directly in line with the midpoint of the front of the thigh and kneecap (left or right). The pedometer must be parallel with the body and upright.
3. Check for correct placement: (a) place pedometer at the waist, (b) set the mode to step count, (c) walk 30 steps, (d) check the step count and it should be ± three steps of 30. If the step count is less accurate, move pedometer to another position. Pedometer may be placed at waist level behind hip.

Checklist for Healthy Walking Program

1. Setting daily step goals is usually a good starting point. According to the President's Challenge, adults should get 10,000 steps per day or 12,000 steps if weight loss is a personal goal.
2. Start Smart! First, assess your physical readiness for a walking program.
If you answer yes to any of the following questions, you should consult your doctor.

<input type="checkbox"/>	Are you over 55 (female) or 45 (male) OR not accustomed to exercise?
<input type="checkbox"/>	Do you have a history of heart disease?
<input type="checkbox"/>	Is your blood pressure reading high? (120/80) and (60-100 bpm)
<input type="checkbox"/>	Are you taking any prescription medications such as those for heart problems?
<input type="checkbox"/>	Have you experienced chest pain, spells of severe dizziness or fainting?
<input type="checkbox"/>	Do you have a history of respiratory problems such as asthma/
<input type="checkbox"/>	Have you had surgery or had problems with bones, muscles, tendons, or ligaments that might be aggravated by an exercise program such as walking.

3. Good walking shoes can take on a force of approximately three times the body weight. Shoes should provide adequate support and cushioning to protect the feet and reduce the shock of the foot strike to the rest of the body.
4. Walking surface is also important. Avoid concrete surfaces. Stairs are good for intensity.
5. Proper warm-up is important. Walking is considered an aerobic activity. Cardiovascular system and muscular system are involved. A sufficient warm-up tends to shorten the cardiovascular and muscular systems' adjustment to stress. Proper cool-down should always follow a brisk walk. For older adults, this involves deep breathing and flexibility exercises (full range of motion).

As with most physical fitness programs, the FITT inventory guides our specific walking program.

FITT	GOALS FOR MOST ADULTS
Frequency	3-5 days a week (how often you walk)
Intensity	150 minutes (2 hours and 30 minutes) a week of moderate intensity (An increase in intensity will mean you will walk faster and cover more distance in shorter time.)
Time	20 to 60 minutes (how long you walk)
Type	walking(Maintain correct walking posture.)

Setting *step goals* would be the best place to start.

Start Point	Goal	How to reach goal	Time Needed
Less than 2,500 steps	5,000 steps/day	Increase 250 steps/day	10-20 days
2,501-5,000 steps	7,000 steps/day	Increase 300 steps/day	8-16 days
5,001-7,500 steps	10,000 steps/day	Increase 400 steps/day	6-12 days
7,500-10,000 steps	12,500 steps/day	Increase 500 steps/day	5-10 days
10,001-12,501 steps	15,000 steps/day	Increase 500 steps/day	5-10 days

Set Personal Goals

- List the goal you would like to accomplish.
- List ways you can reach your goal.
- What reward will you give yourself?

Personal Walking Log

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Steps Distance Calories	Steps Distance Calories	Steps Distance Calories	Steps Distance Calories	Steps Distance Calories	Steps Distance Calories	Steps Distance Calories
	Steps Distance Calories	Steps Distance Calories	Steps Distance Calories	Steps Distance Calories	Steps Distance Calories	Steps Distance Calories	Steps Distance Calories
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Matthew 5:14-16

14 "You are the light of the world. A city on a hill cannot be hidden. 15 Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. 16 In the same way, let your light shine before men, that they may see your good deeds and praise your Father in Heaven."

Reflect: Walking with Jesus can enable you to shine brighter. Walk with others and share your faith.