

First Strides[®] FOR A Healthy You

BEGINNER WALKING AND RUNNING WORKSHOP FOR WOMEN

In partnership with



First Strides[®] FOR A Healthy You

BEGINNER WALKING AND RUNNING WORKSHOP FOR WOMEN

Congratulations! As a member of *First Strides*, you're on your way toward discovering the benefits of walking and running. You already know you don't need a gym membership—you just need good walking or running shoes, time, discipline and guidance. You provide the first three, and *First Strides* provides the latter through weekly training sessions and this journal, which helps you track your progress and meet your personal goals.

Over the next 12 weeks, you'll discover more energy, meet new walking and running friends, and work toward at least one goal: a 5K (5 kilometers, or 3.1 miles) walk or run. You'll work out with women who have similar abilities and receive encouragement and coaching from *First Strides* mentors. They offer advice and their personal stories (some started walking and running through *First Strides*). Guest speakers, including Lehigh Valley Health Network specialists, will teach

you safe techniques for walking and running and how to better care for yourself, both physically and mentally.

It doesn't matter how old you are—*First Strides* welcomes women ages 12 through 112 and all athletic abilities. Many *First Striders* are right off the couch, some describe themselves as "active but not fit," and a few are joggers looking to improve their training. Participants represent many professions, including teachers, nurses, homemakers, executives, students and retirees. You'll fit right in.

●●● **LEARN MORE** about making *First Strides* toward a healthy you. Visit lvhn.org/firststrides.

●●● **LEARN MORE** about Lehigh Valley Health Network programs. Visit lvhn.org or call **610-402-CARE**.



Track Your Progress

This is your personal walking/running journal. Track your progress to help you meet your personal goals. Start by filling in the appropriate dates on the following 12 pages. There's one page for every week of the *First Strides* program. Each day, record how long you walked or ran and how far. (Keep in mind, *First Strides* is based on time, not distance. However, you may want to track distance for your own personal goals.) Remember, stretching is an important part of your workout, along with your 5-minute warm-up and 5-minute cool-down.

At the end of each week, calculate your totals. Use the graph on the back cover to track your progress. Above each week, place a dot to

indicate how many minutes you walked or ran. Connect the dots each week to get a clear picture of your progress.

In the "Notes" section of each day, record the weather, how you were feeling while walking or running, with whom you worked out, your personal achievements or challenges—anything you want. This journal is to help you track your workouts and meet your personal *First Strides* goals.

At lvhn.org/firststrides, find great tips and information about how walking and running benefit your physical and emotional health.

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| TOTALS | | | | <p>FIRST STRIDES WORKOUT GOAL: 4 minutes easy; 1 minute hard; 3 repetitions = 15 + 10* = 25 minutes total. Workouts this week: 3</p> <p><small>*Your 5-minute warm-up and 5-minute cool-down times</small></p> |

WEEK
1

“

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.

”

PLATO

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| TOTALS | | | | <p>FIRST STRIDES WORKOUT GOAL: 4 easy; 2 hard; 3 repetitions = 18 + 10* = 28 minutes total Workouts this week: 3</p> <p><small>*Your 5-minute warm-up and 5-minute cool-down times</small></p> |

WEEK
2

Exercise and Bladder Control

Do you lose urine when you exercise, laugh, cough, sneeze or lift heavy objects? If so, you could have incontinence. Don't let this stop you from walking or running—there is help. Talk to your doctor about your symptoms and treatments.

A strong pelvic floor prevents "dribbling." Strengthen your pelvic muscles with Kegels. These pelvic floor exercises strengthen the muscles that support the urethra, bladder, uterus and rectum.

LEARN MORE AT
lvhn.org/firststrides.



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| TOTALS | | | | <p>FIRST STRIDES WORKOUT GOAL: 3 easy; 2 hard; 4 repetitions = 20 + 10* = 30 minutes total Workouts this week: 3</p> <p><small>*Your 5-minute warm-up and 5-minute cool-down times</small></p> |

WEEK
3

“
Strive for progress,
not perfection.

”

UNKNOWN



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| TOTALS | | | | <p>FIRST STRIDES WORKOUT GOAL: 3 easy; 3 hard; 4 repetitions = 24 + 10* = 34 minutes total Workouts this week: 3</p> <p><small>*Your 5-minute warm-up and 5-minute cool-down times</small></p> |

WEEK
4

Taking Care of Your Heart

It's important to know your blood pressure and cholesterol. Knowing these numbers can help you prevent and treat heart disease.

In women, warning signs of a heart attack may include chest pain, discomfort, pressure or squeezing; unusual fatigue; upper body pain/discomfort in the arms, back, shoulder, neck, jaw or upper stomach; unexplainable nausea; cold sweats; shortness of breath; or sudden dizziness.

LEARN MORE AT
lvhn.org/firststrides.



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| TOTALS | | | | <p>FIRST STRIDES WORKOUT GOAL: 2 easy; 3 hard; 5 repetitions = 25 + 10* = 35 minutes total Workouts this week: 3</p> <p><small>*Your 5-minute warm-up and 5-minute cool-down times</small></p> |

WEEK
5

“
The secret of getting ahead is getting started.
”

MARK TWAIN



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| TOTALS | | | | <p>FIRST STRIDES WORKOUT GOAL: 3 easy; 4 hard; 4 repetitions = 28 + 10* = 38 minutes total Workouts this week: 4</p> <p><small>*Your 5-minute warm-up and 5-minute cool-down times</small></p> |

WEEK
6

Building Healthy Bones

Participating in weight-bearing exercises like running, walking, dancing, hiking and climbing stairs for at least 30 minutes a day can help build healthy bones.

You also can prevent osteoporosis by taking appropriate amounts of calcium and vitamin D supplements; eating a well-balanced diet; reducing your intake of sodium, caffeine, soda and alcohol; and getting a bone density screening.

LEARN MORE AT
lvhn.org/firststrides.



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| TOTALS | | | | <p>FIRST STRIDES WORKOUT GOAL: 2 easy; 4 hard; 5 repetitions = 30 + 10* = 40 minutes total Workouts this week: 4</p> <p><small>*Your 5-minute warm-up and 5-minute cool-down times</small></p> |

WEEK
7

“
It is exercise alone that supports the spirits, and keeps the mind in vigor.
”

MARCUS TULLIUS
CICERO



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| TOTALS | | | | <p>FIRST STRIDES WORKOUT GOAL: 1 easy; 4 hard; 6 repetitions = 30 + 10* = 40 minutes total Workouts this week: 4</p> <p><small>*Your 5-minute warm-up and 5-minute cool-down times</small></p> |

WEEK
8

Improve Your Mental Health with Exercise

If you're feeling stressed and anxious, exercise. Two minutes of exercise prompts your body to release "feel-good" endorphins. Like meditation, it moves your attention away from your problems and into the present moment.

Stay motivated to exercise by doing what you enjoy, finding an exercise buddy, setting reasonable goals and varying your workouts.

LEARN MORE AT
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| TOTALS | | | | <p>FIRST STRIDES WORKOUT GOAL: 1 easy; 5 hard; 6 repetitions = 36 + 10* = 46 minutes total Workouts this week: 4</p> <p><small>*Your 5-minute warm-up and 5-minute cool-down times</small></p> |

WEEK
9

“
 In health there is freedom.
 Health is the first of all liberties.
 ”

HENRI-FREDERIC AMIEL



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| TOTALS | | | | <p>FIRST STRIDES WORKOUT GOAL: 1 easy; 7 hard; 5 repetitions = 40 + 10* = 50 minutes total Workouts this week: 4</p> <p><small>*Your 5-minute warm-up and 5-minute cool-down times</small></p> |

WEEK
10

**Making Strides
Toward
Healthy Eating**

Aim to eat 5-9 servings of fruits and vegetables each day, with at least 1 serving per meal (1 serving = ¼ of your plate).

Water helps replace fluids lost during exercise. Drink 2 cups of water two hours before exercising, and ½-1 cup every 15-20 minutes during your workout. After working out, drink another 2 cups of water.

LEARN MORE AT
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| TOTALS | | | | <p>FIRST STRIDES WORKOUT GOAL: 1 easy; 9 hard; 4 repetitions = 40 + 10* = 50 minutes total Workouts this week: 5</p> <p><small>*Your 5-minute warm-up and 5-minute cool-down times</small></p> |

WEEK
11

“
Motivation is what gets you started.
Habit is what keeps you going.
”

JIM RYAN



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| TOTALS | | | | <p>FIRST STRIDES WORKOUT GOAL: 1 easy; 10 hard; 4 repetitions = 44 + 10* = 54 minutes total Workouts this week: 5</p> <p><small>*Your 5-minute warm-up and 5-minute cool-down times</small></p> |

WEEK
12

Strengthen Your Core

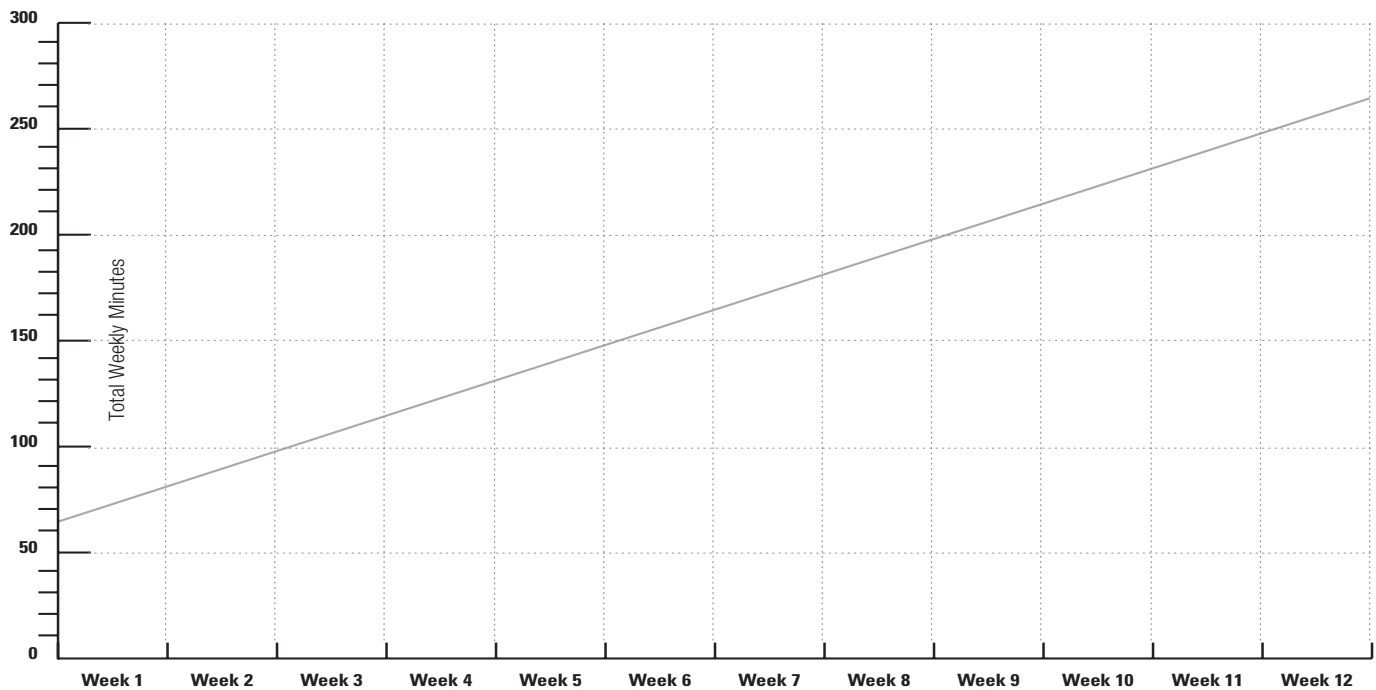
Your core—the muscles of your abdominals and back—supports your spine and keeps your body stable and balanced.

Forget sit-ups—core-strengthening exercises should work all the muscles in your abs and back. A strong core makes it easier to walk, run and do other activities you enjoy. Weak core muscles increase your risk for lower back pain and muscle injuries. Incorporate core exercises into your workouts.

LEARN MORE AT
lvhn.org/firststrides



Track Your Progress (Minutes per week comparison chart)



HOW TO USE THIS GRAPH

This graph will help you track your weekly progress and give you a clear picture of how well you did during the 12-week *First Strides* program. Above each week, place a dot to indicate how many minutes you walked or ran. (Use the time totals you calculated for each week.) Connect the dots each week to get a clear picture of your progress. An upward line indicates you are doing well.