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Healthier Cumberland
Taking Steps to a Healthier Community

Plug In to Fitness



Personal Tracking Log

NAME _____ PHONE _____

**Plug In to Fitness Fall 2007 Challenge is
September 24-November 4**

Week 1: September 24-30

Week 4: October 15-21

Week 2: October 1-7

Week 5: October 22-28

Week 3: October 8-14

Week 6: October 29-November 4

This log must be completed and turned in by

November 10, 2007

to be eligible for prize drawing.

Turn in your completed log book at one of the following locations

Cumberland Hospital

Cumberland Federal Bank

Toftness Chiropractic Clinic

Cumberland Schools District Office

***Cumberland Pre-K—Grade 12 students should turn their logs in at their school to be eligible for special prizes.**

Plug In to Fitness



- During the last 20 years, the number of children in the United States who are physically active has decreased while the number of children who are overweight has doubled.
- The average American child spends over four and a half hours in front of a screen each day.
- The amount of time children spend watching television has a direct relationship to their weight. Children who view the most number of hours of television per day have the highest prevalence of obesity.
- More than 2 hours of television viewing per day is associated with overweight or obesity in both men and women.
- Adults who watch more than 2 hours of television per day eat more snacks and are more likely to be overweight.

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Source: Centers for Disease Control and Prevention

Use this log book to track the number of minutes of screen time *and* physical activity you get each day for 4 weeks.



Goals of the Plug In to Fitness challenge:

- Reduce non-work/non-school related screen time.
 - Increase physical activity.
- Plug in to new ways to get physical activity in Cumberland.

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How much physical activity do you need each day?

Adults should engage in moderate-intensity* physical activities for at least 30 minutes on 5 or more days of the week **OR** in vigorous-intensity** physical activity 3 or more days per week for 20 or more minutes per occasion.

Children and adolescents should participate in at least 60 minutes of moderate-intensity* physical activity most days of the week, preferably daily.

*Moderate-intensity physical activity refers to a level of effort in which a person should experience some increase in breathing or heart rate. These levels are equal to the effort a healthy individual might burn while walking briskly, mowing the lawn, dancing, swimming for recreation, or bicycling.

**Vigorous-intensity physical activity may be intense enough to represent a substantial challenge to an individual and refers to a level of effort in which a person should experience a large increase in breathing or heart rate (conversation is difficult or "broken"). These levels are equal to the effort a healthy individual might burn while jogging, engaging in heavy yard work, participating in high-impact aerobic dancing, swimming continuous laps, or bicycling uphill.

Source: Centers for Disease Control and Prevention

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How much daily screen time is recommended?

Adults: More than 2 hours of television viewing per day is associated with overweight or obesity in both men and women.

Children: the American Academy of Pediatrics recommends limiting the use of TV, movies and video and computer games to **no more than one or two hours per day.**

Additional recommendations:

- Do not let your child watch TV while doing homework.
- Do not put a television in your child's bedroom.
- Watch TV with your child and discuss the content.



Source: Centers for Disease Control and Prevention

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Plug In to Fitness



My Goals:

Select two: one for screen time and one for physical activity

- Spend less than 2 hours on television or non-work or school related screen time each day.
 - Reduce my screen time by _____ each day.
 - Participate in at least 30 minutes of moderate-intensity physical activity 5 or more days of the week.
 - Participate in at least 60 minutes of moderate-intensity physical activity 5 or more days of the week.
 - Participate in at least 20 minutes of vigorous-intensity physical activity 3 or more days of the week.
- Other: _____.

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Logging your screen time:

- Write down the number of minutes you spend doing screen-based activities each day. This includes watching TV, watching movies, spending time on the internet, and playing video, computer, or hand-held electronic games.
- **Do NOT count minutes of screen time for work or homework related projects.**
- Round your minutes to the nearest 1/4 hour (example: 1 ¼ hours or 2 ½ hours).
- **Do** count minutes spent watching TV while also doing something else. If you are in front of a screen, it counts. If you are exercising at the same time, you should log those minutes under BOTH screen time and physical activity time.

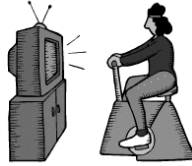
Logging your physical activity:

- Write down the number of minutes you spend in physical activity each day. This includes more than 100 activities (see pages 16 and 17 for the complete list).
- Round your minutes to the nearest 1/4 hour (example: 1 ¼ hours or 2 ½ hours).

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**Fitness Plug of the Week:
Make screen time active time!**

- If you do watch TV, stretch, lift weights, or even lift weights at the same time.
- Have a contest with your children. Who can do the most push-ups or jumping jacks during a commercial break?
- Pop in your favorite aerobics exercise tape or DVD to get your heart pumping.



Source: We Can! A Parent Handbook

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Tips for Exercise Success:



- If you are overweight, have chronic health problems, or haven't exercised for a while, see your doctor before beginning a physical activity program.
- Choose a variety of activities that are fun, not exhausting.
- Surround yourself with supportive people.
- Don't overdo it.
- Keep a record of your activities and reward yourself!

Source: Adapted from the American Heart Association's *Tips for Exercise Success*, 2007.

Plug In to Fitness  Week 1

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Totals
Physical Activity 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Screen Time 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Track the number of minutes of screen time and physical activity you get each day. Round your minutes to the closest 1/4 hour. Place a check in the box if you met your goal.

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Fitness Plug of the Week:

Avoid Activity-induced Injuries:



- Listen to your body—monitor your level of fatigue, heart rate, and physical discomfort.
- Be aware of the signs of overexertion. Breathlessness and muscle soreness could be danger signs.
- Be aware of the warning signs and signals of a heart attack, such as sweating, chest and arm pain, dizziness, and lightheadedness.
- Use appropriate equipment and clothing for the activity.
- Take 3–5 minutes at the beginning of any physical activity to properly warm up your muscles through increasingly more intense activity. As you near the end of the activity, cool down by decreasing the level of intensity.
- Start at an easy pace—increase time or distance gradually.
- Drink plenty of water throughout the day to replace lost fluids. Drink a glass of water before you get moving, and drink another half cup every 15 minutes that you remain active.



Plug In to Fitness  Week 2

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Totals
Physical Activity 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Screen Time 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Track the number of minutes of screen time and physical activity you get each day. Round your minutes to the closest 1/4 hour. Place a check in the box if you met your goal.

Fitness Plug of the Week:

Look for opportunities to add activity to your normal schedule.

- **Walk, cycle, jog, skate, etc., to work, school, the store, or place of worship.**
- **Park the car farther away from your destination.**
- **Take the stairs instead of the elevator or escalator.**
- **Take fitness breaks - walking or doing desk exercises - instead of coffee breaks.**

Source: Centers for Disease Control and Prevention

Burn 150 calories doing these common chores:

- Raking leaves for 30 minutes.
- Gardening for 30-45 minutes.
- Washing windows or floors for 45-60 minutes.
- Washing and waxing a car for 45-60 minutes.
- Shoveling snow for 15 minutes.





Source: Adapted from Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity, 2001.

Plug In to Fitness  Week 3

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Totals
Physical Activity 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Screen Time 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Track the number of minutes of screen time and physical activity you get each day. Round your minutes to the closest 1/4 hour. Place a check in the box if you met your goal.

Fitness Plug of the Week:

Kick it up a notch!

- **When you're out walking, pick up your pace. Go faster than you usually do.**
- **Jog up the stairs, rather than walk.**
- **Play singles tennis, rather than doubles.**
- **If you swim laps, do the last two as fast as you can!**



Source: *We Can! A Parent Handbook*

Burn 150 calories doing these sporting activities:

- Dancing fast (social) for 30 minutes.
- Basketball (shooting baskets) for 30 minutes.
- Basketball (playing a game) for 15-20 minutes.
- Walking 2 miles in 30 minutes.
- Swimming laps for 20 minutes.





Source: *Adapted from Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity, 2001.*

Plug In to Fitness  Week 4

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Totals
Physical Activity 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Screen Time 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Track the number of minutes of screen time and physical activity you get each day. Round your minutes to the closest 1/4 hour. Place a check in the box if you met your goal.

Fitness Plug of the Week:





Put it all together. Overall fitness is made up of five components.

- **Cardiorespiratory Endurance:** the ability of your circulatory and respiratory system to supply your body with fuel during sustained physical activity. Try activities that keep your heart rate elevated at a safe level for a sustained length of time such as walking, swimming, or bicycling.
- **Muscular Strength:** the ability of your muscles to exert force during an activity. Try exercises such as lifting weights or rapidly taking the stairs.
- **Muscular Endurance:** the ability of your muscles to continue to perform without fatigue. Try cardiorespiratory activities such as walking, jogging, bicycling, or dancing.
- **Body Composition:** the relative amount of muscle, fat, bone, and other vital parts of the body. This is important to consider for health and managing your weight!
- **Flexibility:** range of motion around a joint. Try activities that lengthen the muscles such as swimming or a basic stretching program.

Plug In to Fitness  Week 5

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Totals
Physical Activity 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Screen Time 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Track the number of minutes of screen time and physical activity you get each day. Round your minutes to the closest 1/4 hour. Place a check in the box if you met your goal.

Fitness Plug of the Week:

Plug others into fitness, too!





- Buy toys or equipment that promote physical activity.
- Select fitness-oriented gifts with the recipient's skills and interests in mind.
- Use physical activity events rather than food as a reward (example: a family bike ride or bowling outing).
- Invite grandparents, other relatives, co-workers and friends to join you for physical activity whenever possible.
- Add physical activity to parties and special events (example: a family kickball game, dancing, or a backyard Olympics.)

Source: Adapted from Shape Up America's
99 Tips for Family fitness Fun

Plug In to Fitness  Week 6

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Totals
Physical Activity 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Screen Time 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Track the number of minutes of screen time and physical activity you get each day. Round your minutes to the closest 1/4 hour. Place a check in the box if you met your goal.

List of activities that count for physical activity minutes:

Aerobics	Hiking/Backpacking	Skating
Archery	Hockey	Ski Jumping
Badminton	Home Repair	Skimobiling
Baseball	Horseback Riding	Sky Diving
Basketball	Horseshoe Pitching	Sledding
Baton Twirling	Household Tasks	Snorkeling
Bicycling	Hunting	Snowboarding
Billiards	Inline Skating	Snowmobiling
Bowling	Jai Alai	Snowshoeing
Boxing/Kickboxing	Juggling	Snow Shoveling
Calisthenics	Kayaking	Soccer
Canoeing	Lacrosse	Softball
Cardio Machines	Lawn Bowling	Squash
Cardio Tennis	Lifting/Hauling	Stationary Bike
Cheerleading	Marching	Stretching
Children's Games	Martial Arts	Surfing

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Circuit Training	Motor Cross	Swimming
Cricket	Mountain Biking	Table Tennis
Croquet	Mountain Climbing	Tai Chi
Cross Country Skiing	Orienteering	Tennis
Curling	Paddleball	Track & Field
Dancing	Pedometer	Trampoline
Darts	Pilates	Trap & Skeet
Diving	Polo	Unicycling
Downhill Skiing	Racquetball	Volleyball
Fencing	Rock Climbing	Walking
Field Hockey	Roller Skating	Wallyball
Figure Skating	Rope Jumping	Water Aerobics
Fishing	Rowing	Water Jogging
Foot Bag	Rowing Machine	Water Polo
Frisbee	Rugby	Water Skiing
Gardening/Lawn Mowing	Running	Weight Training
Golf	Sailing	Whitewater Rafting
Gymnastics	Scuba Diving	Wind Surfing
Handball	Shuffleboard	Wrestling
Hang Gliding	Skateboarding	Yoga

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Source: Wisconsin Governor's Challenge