

Fit For All Seasons 1986

Fit For All Seasons

The **Fit For All Seasons** calendar is designed to help you look and feel your best by adding exercise and nutritious food to your lifestyle. Each month features nutrition information, warm-up exercises and a daily walking or jogging program. Exercise time is increased each month until July and then the same routine is maintained. Use the calendar to keep a record of your exercise program.

The Diet - Exercise Connection

Ingrained in our society is a belief that being overweight is caused by overeating. As a result, there is an endless array of calorie restricted diets, diet books, chemical appetite suppressants and other weight loss aids. However, we know from experience that low calorie diets alone rarely work. For those few people who are successful at losing weight, research shows that over 95 percent regain the weight lost within a few months.

Fad diets emphasize restricting calories but neglect the important contributions of exercise and lifestyle habits in controlling weight. Even when dieting succeeds in taking off pounds, it ultimately means failure because old habits return and so does the weight.

The wrong kind of diet may succeed in taking off pounds but actually compounds the problem of being overweight. Between 20 to 50 percent of weight lost on severely low calorie diets is water and lean muscle tissue instead of fat. Fat is lazy tissue compared to muscle in burning calories. Lean muscle tissue determines the body's calorie burning power and keeps it firm and looking good.

Exercise burns calories, preserves the lean muscle tissue that already exists in the body and builds more muscle which further increases calorie burning. The most effective way to lose weight permanently is through a combination of diet and exercise.

Lifestyle Contract

One way to improve exercise habits is to make a contract with yourself. Decide what you can reasonably do and include the date you will start. You are more likely to achieve your goal if you put it in writing and ask a friend or family member to support you.

*I believe in fitness for a lifetime and, therefore, want to make a contract with myself with the intent of becoming fit for life. I, _____, agree to follow the _____ program in the **Fit For All Seasons Calendar**. At the end of each month my reward will be _____ . I will start my activity program on _____ .*

Date

Signature

Witness

Fitness Record

If you follow the nutrition and exercise recommendations in the **Fit For All Seasons** program, you should improve your level of fitness.

The information you record below will show your weight and fitness changes as you go through the program.

	Body Measurements					Distance Walked/Jogged	Time Walked/Jogged
	Weight	Waist	Hips	Upper Arms	Thigh		
Beginning of Program							
After Three Months							
After Six Months							
After Nine Months							
After Twelve Months							



Eat a Variety of Foods

All foods are mixtures of fat, protein and carbohydrates. The number of calories in food is determined by the quantity of these nutrients. Just as no single food makes you fat, no single food makes you lose weight. For a balanced diet, eat a variety of foods including fresh fruits and vegetables, lean meats, dairy products and whole grains and cereals. Learning what and how much to eat is important for acquiring life-long healthy eating habits.



Getting Started - Warm-Up

Exercise is an excellent way to use up those extra calories - but your body must gradually get used to added exercise. If you exercise too much too soon you will become sore and discouraged.

It is important to warm-up before vigorous exercise. Warming up increases blood circulation, raises body temperature, prepares the body for more intense activity and decreases the chances of straining a muscle.

Start the warm-up with stretching exercises, followed by a brief period of mild exercise before doing a more strenuous activity. For instance, do stretching exercises then walk slowly for 3 to 5 minutes before increasing your pace.

Warm-Up Exercises



- Wall Pushes:** Stretches calves, achilles tendons (back of heel) and ankles.
- Stand facing a wall, about 36 inches from the wall, with feet shoulder-width apart.
 - Keeping back straight and heels firmly on the floor, place hands on wall at shoulder-height.
 - Lean into the wall by bending elbows until you feel the stretch in your calves. Keep heels firmly on the floor as you lean forward.
 - Relax.
 - Repeat three to five times.
 - Experiment with standing distance from the wall to get the best possible stretch.



- Forward Stretch:** Stretches hamstrings and lower back muscles.
- Sit on floor with legs extended and knees straight but not locked.
 - Grasp behind the knees with your hands.
 - Slowly and gently pull the trunk down toward the knees.
 - Briefly hold stretch.
 - Repeat three to five times.
 - Shake out knees and legs at end of repetitions.



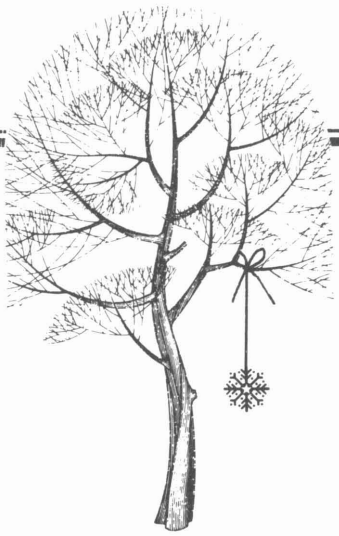
- Modified Hurdler's Stretch:** Stretches muscles of the lower back and inner sides of thigh.
- Sit on floor with right leg straight in front and left leg bent so that left foot is along inside of right knee.
 - Slowly and gently slide hands down extended leg to ankle and foot.
 - Gently pull you head to right knee by grasping right ankle and pulling with arms.
 - Briefly hold stretch.
 - Relax and repeat three to five times.
 - Change position with left leg extended and repeat three to five times.

Walking-Jogging Program

Walk or jog at least 3 days each week (every other day).

	Warm-up	Brisk exercise	Cool-Down	Total Time
Walk:	Walk slowly 5 minutes	Walk briskly 5 minutes	Walk slowly 5 minutes	15 minutes
Jog:	Stretch 5 minutes	Walk briskly 5 minutes Jog 3 minutes	Walk slowly 3 minutes, Stretch 2 minutes	18 minutes

January



Notes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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♥ **Control Your Fat Intake**

Eating a lot of fatty foods may increase the risk of developing heart and blood vessel diseases. Fat also has a lot of calories. An effective way to control calories is to reduce the amount of fat in the diet.

- Choose lean meat, poultry or fish.
- Limit your intake of butter, margarine, oils and salad dressings.
- Trim excess fat off meat.
- Broil, bake or boil meat rather than fry.

♥ **Exercise for Your Heart's Health**

Exercise strengthens the heart and reduces the risk of heart disease. The risk factors which can be reduced with proper exercise include obesity, high blood pressure and high blood cholesterol.

Brisk walking is a good exercise for strengthening the heart and lungs. For maximum benefit, walking should be done as briskly as possible and continued for 30 minutes.

Warm-Up Exercises



- Wall Pushes:** Stretches calves, achilles tendons (back of heel) and ankles.
- Stand facing a wall, about 36 inches from the wall, with feet shoulder-width apart.
 - Keeping back straight and heels firmly on the floor, place hands on wall at shoulder-height.
 - Lean into the wall by bending elbows until you feel the stretch in your calves. Keep heels firmly on the floor as you lean forward.
 - Relax.
 - Repeat three to five times.
 - Experiment with standing distance from the wall to get the best possible stretch.



- Leg Straddles :**
- Stand with feet as wide apart as comfortably possible.
 - Bend forward from waist and place hands on knees.
 - Bend right knee, hold briefly, then straighten knee.
 - Bend left knee in same manner.
 - Repeat three to five times on each side.



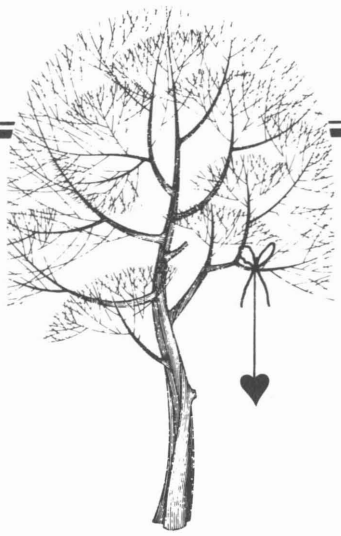
- Waist Whittler :**
- Stand with legs shoulder-width apart or closer.
 - Raise right arm; left hand at side.
 - Bend to the left side, sliding left hand down leg as far as possible.
 - Raise body until standing straight again.
 - Bend to the right side.
 - To vary waist whittler: place left hand behind back then bend to the left side.
 - Repeat with right hand behind back and bend to the right side.

Walking-Jogging Program

Walk or jog at least 3 days each week (every other day).

	Warm-up	Brisk exercise	Cool-Down	Total Time
Walk:	Walk slowly 5 minutes	Walk briskly 9 minutes	Walk slowly 5 minutes	19 minutes
Jog:	Stretch 5 minutes	Walk briskly 4 minutes Jog 5 minutes	Walk slowly 3 minutes Stretch 2 minutes	19 minutes

February



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Control Portion Sizes

Far too many people rely on eating less as their only weapon in fighting fat. Eating less than 1200 calories a day does not supply all the needed nutrients. To insure good nutrition, eat a variety of foods. The ideal way to restrict calories is through portion control. It is not necessary to give up food you enjoy but instead control the amount you eat.

To fight fat, control portion sizes and include regular exercise.



Build Activity into Your Day

Regular planned exercise is the best way to burn fat. Another effective way to burn extra calories is by building activity into your daily lifestyle.

- Walk instead of ride.
- Climb the stairs instead of taking the elevator.
- Never sit when you can stand.
- Never use a machine when you can use "body power."

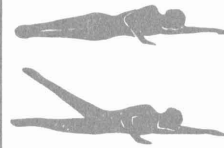
Building activity in your day adds up to calories burned and pounds lost.

Warm-Up Exercises



Wall Pushes: Stretches calves, achilles tendons (back of heel) and ankles.

- Stand facing a wall, about 36 inches from the wall, with feet shoulder-width apart.
- Keeping back straight and heels firmly on the floor, place hands on wall at shoulder-height.
- Lean into the wall by bending elbows until you feel the stretch in your calves. Keep heels firmly on the floor as you lean forward.
- Relax.
- Repeat three to five times.
- Experiment with standing distance from the wall to get the best possible stretch.



Side Leg Raises:

- Lie on your left side.
- Use your arms to help keep you balanced there.
- Lift right leg straight up from your side as high as you can.
- Lower the leg, and continue repeating the movement five to ten times.
- Roll over and repeat with your left leg.
- It is important that you keep your body and leg straight and stay on your side.



Knee and Thigh Stretcher:

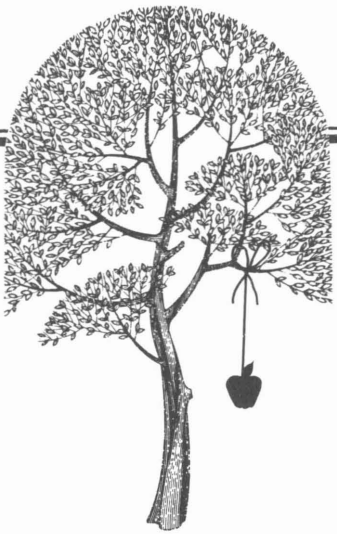
- Sit on floor and bring soles of feet together close to your body with knees out to sides.
- Grasp feet firmly with hands.
- Sit as erect as possible and pull feet a little closer to body.
- Slowly and gently lower knees as far as comfortably possible toward the floor.
- Relax into stretch and hold for a count of 20.
- Repeat three to five times.
- Extend legs forward, then flex a few times and rotate feet at ankles.

Walking-Jogging Program

Walk or jog at least 3 days each week (every other day).

	Warm-up	Brisk exercise	Cool-Down	Total Time
Walk:	Walk slowly 5 minutes	Walk briskly 13 minutes	Walk slowly 5 minutes	23 minutes
Jog:	Stretch 5 minutes	Walk briskly 4 minutes Jog 8 minutes	Walk slowly 3 minutes Stretch 2 minutes	22 minutes

March



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Practice Willpower

Here are some tricks for developing willpower:

- Eat more slowly by putting your fork down between bites.
- Do not eat while engaging in other activities such as watching TV, reading or talking on the phone.
- Decide before each meal what you are going to eat, then stop when it has been eaten.
- When you are in the mood for celebrating, reward yourself with a gift other than food.

Cool-Down

Exercise should never end abruptly. Gradually slowing down your exercise activity is as important as warming up. Cooling down helps prevent sudden changes in the cardiovascular system which may cause dizziness. Cool-down by gradually slowing the pace of your activity for 5 to 10 minutes before stopping.

Warm-Up Exercises



- Wall Pushes:** Stretches calves, achilles tendons (back of heel) and ankles.
- Stand facing a wall, about 36 inches from the wall, with feet shoulder-width apart.
 - Keeping back straight and heels firmly on the floor, place hands on wall at shoulder-height.
 - Lean into the wall by bending elbows until you feel the stretch in your calves. Keep heels firmly on the floor as you lean forward.
 - Relax.
 - Repeat three to five times.
 - Experiment with standing distance from the wall to get the best possible stretch.



- Straddle Stretch:** Stretches back of legs, inner thighs and lower back.
- Sit on floor with legs as far apart as comfortably possible.
 - Slowly lean forward from waist, sliding hands along floor as far forward as you can.
 - Briefly hold stretch.
 - Relax and repeat three to five times.
 - Return to starting position.
 - Slowly stretch forward over right leg, sliding both hands down to right ankle.
 - Try to keep knee straight and attempt to touch chin to right knee cap.
 - Briefly hold stretch.
 - Repeat on left side.
 - Repeat the exercise three to five times on each side.



- Leg Lifts:**
- Stand erect holding onto a chair or stable object for balance with right hand.
 - Lift left leg to the front three to ten times; lift leg to side three to ten times; lift leg to back three to ten times.
 - Hold chair with left hand and repeat exercise sequence with right leg.
 - Keep knees straight but not locked.
 - Keep back straight.
 - Do not throw or swing your leg; lift legs in a controlled and purposeful movement for best results.

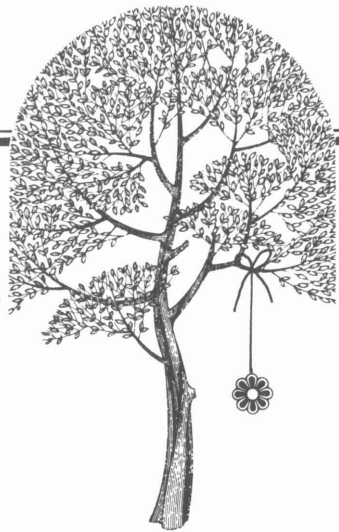


Walking-Jogging Program

Walk or jog at least 3 days each week (every other day).

	Warm-up	Brisk exercise	Cool-Down	Total Time
Walk:	Walk slowly 5 minutes	Walk briskly 18 minutes	Walk slowly 5 minutes	28 minutes
Jog:	Stretch 5 minutes	Walk briskly 4 minutes Jog 14 minutes	Walk slowly 3 minutes Stretch 2 minutes	28 minutes

April



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Control Your Appetite with Exercise

Many things influence our appetites - smell and sight of food, even our moods. Exercise also affects our appetites. Healthy levels of exercise regulate our hunger control center so we eat just enough to supply energy needs - no more, no less.



Your Feet are Important

A pair of sturdy, properly fitting shoes is essential equipment for both walking and jogging. Cushioned soles and arch supports help cushion the step and protect ankle and knee joints. For good fitting shoes:

- Shop toward the end of the day when your feet are slightly swollen.
- Take along the socks you'll be wearing.
- Walk or run around the store on a hard surface to make sure they are comfortable in action.

Warm-Up Exercises



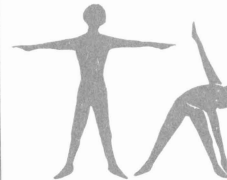
Wall Pushes: Stretches calves, achilles tendons (back of heel) and ankles.

- Stand facing a wall, about 36 inches from the wall, with feet shoulder-width apart.
- Keeping back straight and heels firmly on the floor, place hands on wall at shoulder-height.
- Lean into the wall by bending elbows until you feel the stretch in your calves. Keep heels firmly on the floor as you lean forward.
- Relax.
- Repeat three to five times.
- Experiment with standing distance from the wall to get the best possible stretch.



Hip Roll:

- Lie on back, arms extended at shoulder-level, palms against floor.
- Bend knees to the chest, swing knees to the left to touch floor and then swing to the right to touch floor.
- Keep knees close to chest and keep shoulders on the floor.
- Repeat three to ten times.



Windmill:

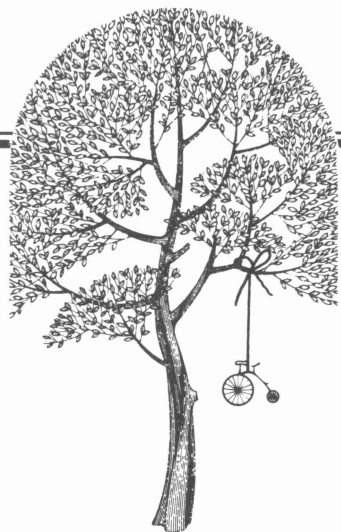
- Stand with feet shoulder-width apart and arms extended to the side at shoulder level with palms down.
- Bend and twist trunk, touching right hand to left toe.
- Repeat action touching left hand to right toe.
- Count 1 each time left toe is touched.
- Repeat three to ten times.
- Do not lock knees.

Walking-Jogging Program

Walk or jog at least 3 days each week (every other day).

	Warm-up	Brisk exercise	Cool-Down	Total Time
Walk:	Walk slowly 5 minutes	Walk briskly 23 minutes	Walk slowly 5 minutes	33 minutes
Jog:	Stretch 5 minutes	Walk briskly 3 minutes Jog 17 minutes	Walk slowly 3 minutes Stretch 2 minutes	30 minutes

May



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Do You Get Enough Calcium?

Don't give your bones a break. Decrease your chances of suffering from osteoporosis (thinning of the bones) by including dairy products and other calcium rich foods in your diet.

Good sources of calcium include cheese, cottage cheese, ice cream, yogurt, buttermilk and milk. Children need three servings of dairy products, teens need four and adults need two. To control calories, lowfat and skim milk can be selected instead of whole milk. In calculating a day's requirement, a cup of milk, an ounce of cheese or a cup of yogurt counts as a serving.



Support Your Bones and They Will Support You

Regular physical exercise is important for keeping your bones healthy. The pushing and pulling on the bones that goes along with weight-bearing exercises (such as walking or running) leads to denser, stronger bones and less chance of developing osteoporosis.

Warm-Up Exercises



- Wall Pushes:** Stretches calves, achilles tendons (back of heel) and ankles.
- Stand facing a wall, about 36 inches from the wall, with feet shoulder-width apart.
 - Keeping back straight and heels firmly on the floor, place hands on wall at shoulder-height.
 - Lean into the wall by bending elbows until you feel the stretch in your calves. Keep heels firmly on the floor as you lean forward.
 - Relax.
 - Repeat three to five times.
 - Experiment with standing distance from the wall to get the best possible stretch.



- Forward Stretch:** Stretches hamstrings and lower back muscles.
- Sit on floor with legs extended and knees straight but not locked.
 - Grasp behind the knees with your hands.
 - Slowly and gently pull the trunk down toward the knees.
 - Briefly hold stretch.
 - Repeat three to five times.
 - Shake out knees and legs at end of repetitions.



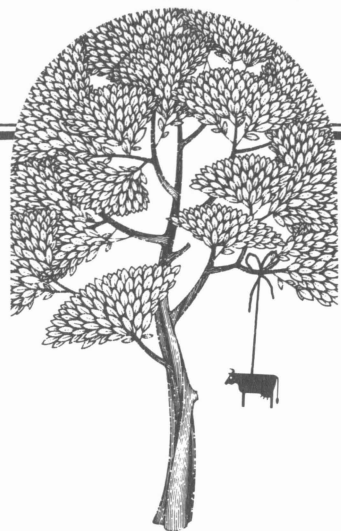
- Sitting Twist:**
- Sit on floor with both legs extended.
 - Bend right knee and place right hand directly behind you for balance.
 - Place left elbow to inside of right knee and gently and slowly turn head to look behind you, using arms to help turn you.
 - Try to line up chin with right shoulder.
 - Relax into stretch and hold for a count of 20.
 - Repeat up to three times on each side.

Walking-Jogging Program

Walk or jog at least 3 days each week (every other day).

	Warm-up	Brisk exercise	Cool-Down	Total Time
Walk:	Walk slowly 5 minutes	Walk briskly 26 minutes	Walk slowly 5 minutes	36 minutes
Jog:	Stretch 5 minutes	Walk briskly 2 minutes Jog 19 minutes	Walk slowly 5 minutes Stretch 2 minutes	33 minutes

June



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Cool Down with Water

Water's ability to cool the body is essential to the exercising person. When we sweat, we lose a lot of water. The exercising person must drink plenty of water, particularly during hot weather. Before you exercise, drink a glass of cool water even if you don't feel thirsty. Drink water during a lengthy exercise period and again after you've stopped exercising.



Keep Your Cool

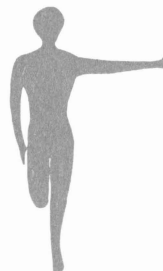
When the weather is hot and humid you may need to change your exercise pattern so that you do not become overheated. Exercise early in the morning or late in the evening to avoid the mid-day heat. Avoid heavy exercise when humidity is very high.

The most important thing to remember is to pay attention to how you feel. If you become overheated (dizzy, pale, no longer sweating), stop exercising for that day.

Warm-Up Exercises



- Wall Pushes:** Stretches calves, achilles tendons (back of heel) and ankles.
- Stand facing a wall, about 36 inches from the wall, with feet shoulder-width apart.
 - Keeping back straight and heels firmly on the floor, place hands on wall at shoulder-height.
 - Lean into the wall by bending elbows until you feel the stretch in your calves. Keep heels firmly on the floor as you lean forward.
 - Relax.
 - Repeat three to five times.
 - Experiment with standing distance from the wall to get the best possible stretch.



- Reverse Knee Hug:** Stretches thigh.
- Stand with wall on your left side an arm's length away.
 - Place left hand on wall for support.
 - Grasp right ankle with right hand and gently pull foot back and up attempting to touch heel to buttocks.
 - Lean forward from waist as you lift.
 - Briefly hold stretch.
 - Relax and repeat three to five times.
 - Stand with wall on your right side and repeat exercise three to five times.
 - If you feel burning or pain in your knee **do not do this exercise**.



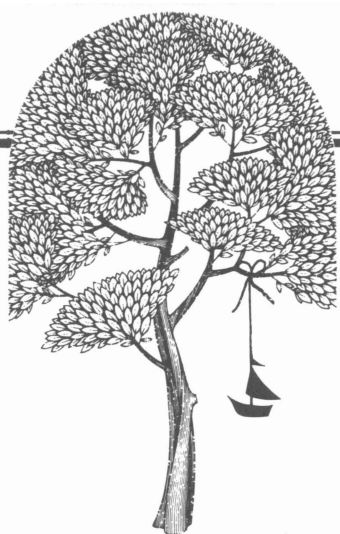
- Single Knee Raise:** The single knee raise stretches out the lower back and the hamstrings (muscles on the back of the thighs) to improve flexibility.
- Lie on the back with knees bent and assume the pelvic tilt position.
 - Slowly and smoothly raise one knee to chest.
 - Then, gently, pull knee slowly toward chest by placing your hands over the knee (not over the lower leg).
 - Hold for a count of five.
 - Return to starting position and repeat with same knee three times, gradually increasing to 10 times.
 - Repeat with the other knee.

Walking-Jogging Program

Walk or jog at least 3 days each week (every other day).

	Warm-up	Brisk exercise	Cool-Down	Total Time
Walk:	Walk slowly 5 minutes	Walk briskly 30 minutes	Walk slowly 5 minutes	40 minutes
Jog:	Stretch 5 minutes	Jog slowly 3 minutes Jog 20 minutes	Walk slowly 3 minutes Stretch 2 minutes	33 minutes

July



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Snacking Can Be Nutritious

Snacks are an important part of the day's meal plan. They should not be considered as extra high calorie food but as an important part of your daily nutrient requirements. Snack smart on:

- Fresh fruits and vegetables
- Popcorn
- Low fat dairy products
- Nuts

Listen to Your Body

It's important to enjoy exercise. If you don't enjoy it, then you won't do it. If it hurts, it won't be enjoyable so you'll become an exercise drop-out.

The keys to minimizing muscle stiffness and soreness are warming up and cooling down and having a regular exercise program. Once or twice a week is not enough. Try for a minimum of three times a week.

Warm-Up Exercises



Wall Pushes: Stretches calves, achilles tendons (back of heel) and ankles.

- Stand facing a wall, about 36 inches from the wall, with feet shoulder-width apart.
- Keeping back straight and heels firmly on the floor, place hands on wall at shoulder-height.
- Lean into the wall by bending elbows until you feel the stretch in your calves. Keep heels firmly on the floor as you lean forward.
- Relax.
- Repeat three to five times.
- Experiment with standing distance from the wall to get the best possible stretch.



Knee Hugs: Stretches back of thighs and lower back.

- Stand beside a wall with right hand on the wall for balance.
- Raise left leg and grasp it below the knee with left hand.
- Lift knee as high as **comfortably** possible.
- Briefly hold the stretch, then relax.
- Repeat three to five times with left leg.
- Repeat knee hug with right leg.



Bend Overs: Stretches hamstrings (muscle on back of upper leg), back of knees and lower back.

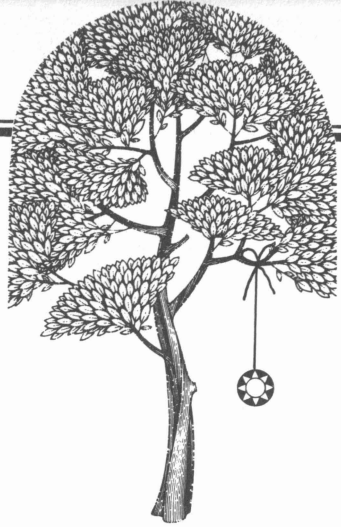
- Stand with feet comfortably apart.
- Bend forward from your waist, only as far as comfortable, with arms hanging relaxed. It is not necessary to touch your toes.
- Slowly and smoothly return to standing position by imagining you are stacking one vertebra on top of another starting at waist and moving toward neck.
- Repeat three to five times.

Do not arch back, do not bounce, do not lock knees. If you have back problems do not do this exercise.

Walking-Jogging Program

Walk or jog at least 3 days each week (every other day).

	Warm-up	Brisk exercise	Cool-Down	Total Time
Walk:	Walk slowly 5 minutes	Walk briskly 30 minutes	Walk slowly 5 minutes	40 minutes
Jog:	Stretch 5 minutes	Jog slowly 3 minutes Jog 20 minutes	Walk slowly 5 minutes Stretch 2 minutes	35 minutes



August

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Eat Out and Eat Fit

Do not say "no" to a restaurant meal just because you are watching your weight. Eating out is a way of life in America. By selecting foods wisely you can meet your nutritional needs and control calories.

- Avoid fried foods.
- Choose vegetables without sauces or large amounts of fat.
- Do not think you have to clean your plate when portions are too large.



Exercise in the Balance

You can lose weight by eating less, exercising more, or ideally, a combination of both. Exercise is an excellent way to use up any extra calories you might eat. When you burn up more calories than you take in, you lose weight. It takes about 100 calories to travel a mile, whether you walk or jog it. However, if both the jogger and the walker exercise for a half-hour, the jogger will burn more calories since a greater distance is covered.

Warm-Up Exercises



- Wall Pushes:** Stretches calves, achilles tendons (back of heel) and ankles.
- Stand facing a wall, about 36 inches from the wall, with feet shoulder-width apart.
 - Keeping back straight and heels firmly on the floor, place hands on wall at shoulder-height.
 - Lean into the wall by bending elbows until you feel the stretch in your calves. Keep heels firmly on the floor as you lean forward.
 - Relax.
 - Repeat three to five times.
 - Experiment with standing distance from the wall to get the best possible stretch.



- Bent Knee Curl-ups:**
- Lie on back with arms by your sides.
 - Bend your knees at a 90 degree angle.
 - Roll your head and shoulders forward and upward, far enough to feel tension in the abdominal muscles.
 - Do not lift lower back off the floor.
 - Return to the starting position.
 - Repeat three to 20 times.



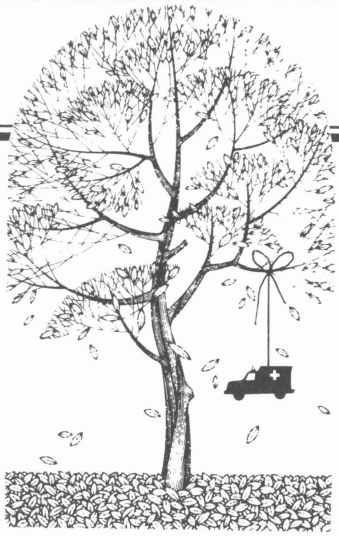
- The Split** - Stretches inner thighs and hips.
- Sit on floor with legs as far apart as comfortably possible.
 - Slowly and smoothly lean forward attempting to touch right foot with your finger tips.
 - Briefly hold stretch then relax.
 - Return to starting position and repeat on left side.
 - Repeat three to five times on each side.

Walking-Jogging Program

Walk or jog at least 3 days each week (every other day).

	Warm-up	Brisk exercise	Cool-Down	Total Time
Walk:	Walk slowly 5 minutes	Walk briskly 30 minutes	Walk slowly 5 minutes	40 minutes
Jog:	Stretch 5 minutes	Jog slowly 3 minutes Jog 20 minutes	Walk slowly 5 minutes Stretch 2 minutes	35 minutes

September



Notes

Sunday

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Cook Lean

Two cooks can prepare the same meal with one ending up with almost twice as many calories as the other. Why? The smart cook most often chooses low calorie methods of cooking.

Low Calorie Methods

Steaming
Poaching
Broiling
Roasting

High Calorie Methods

Frying
Creaming
Buttering



Add Variety to Your Exercise

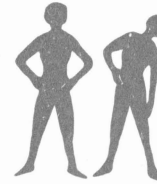
Exercise doesn't have to be boring. In fact, it should be enjoyable so you'll stick with it and get full benefit from it.

Regular walking provides a good foundation from which you can add a variety of other activities. Other good activities for health and fitness are bicycling, swimming and jogging. If you want variety in your program, follow the same exercise guidelines but replace walking with bicycling or swimming on some days (or alternate days).

Warm-Up Exercises



Wall Pushes: Stretches calves, achilles tendons (back of heel) and ankles.
- Stand facing a wall, about 36 inches from the wall, with feet shoulder-width apart.
- Keeping back straight and heels firmly on the floor, place hands on wall at shoulder-height.
- Lean into the wall by bending elbows until you feel the stretch in your calves. Keep heels firmly on the floor as you lean forward.
- Relax.
- Repeat three to five times.
- Experiment with standing distance from the wall to get the best possible stretch.



Trunk Stretches:

- Stand erect with hands on hips and feet shoulder-width apart.
- Bend trunk to right, letting right arm slide as far down right leg as possible.
- Repeat on left side.
- Repeat three to ten times on each side.



Forward Stretch:

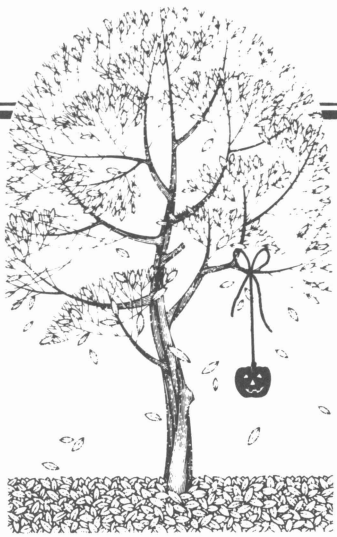
Stretches hamstrings and lower back muscles.
- Sit on floor with legs extended and knees straight but not locked.
- Grasp behind the knees with your hands.
- Slowly and gently pull the trunk down toward the knees.
- Briefly hold stretch.
- Repeat three to five times.
- Shake out knees and legs at end of repetitions.

Walking-Jogging Program

Walk or jog at least 3 days each week (every other day).

	Warm-up	Brisk exercise	Cool-Down	Total Time
Walk:	Walk slowly 5 minutes	Walk briskly 30 minutes	Walk slowly 5 minutes	40 minutes
Jog:	Stretch 5 minutes	Jog slowly 3 minutes Jog 20 minutes	Walk slowly 5 minutes Stretch 2 minutes	35 minutes

October



Notes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Keep Those Holiday Pounds Off

The holiday season can mean trouble! First, there's Thanksgiving dinner, then pre-season holiday parties, Christmas and finally New Year's to ruin your weight control plans.

The fitness-minded person needs to do extra during the holidays. Exercise more and eat smaller amounts of holiday delights. Walk or jog a bit farther each day to burn extra calories. Half of anything contains only half as many calories; half a slice of pumpkin pie has only half as many calories as a full slice.



Keep Walking, Keep Warm

Because of the cold weather and the holiday feasting, it is easier to find excuses not to exercise, so planning ahead is important.

If you plan to exercise outside, you will need to dress for it. Most of the body's heat escapes through the head, hands and feet, so wear hats, gloves and thick socks. Several layers of clothing will keep you warmer than one bulky sweater or coat.

If you prefer not to be outdoors, walk in an indoor shopping mall. Remember though, you are there to walk not shop.

As you continue your exercise program you should see and feel positive changes. Don't be tempted to stop during the colder, busier months because you will undo the progress you have already made.

Warm-Up Exercises



Wall Pushes: Stretches calves, achilles tendons (back of heel) and ankles.
- Stand facing a wall, about 36 inches from the wall, with feet shoulder-width apart.
- Keeping back straight and heels firmly on the floor, place hands on wall at shoulder-height.
- Lean into the wall by bending elbows until you feel the stretch in your calves. Keep heels firmly on the floor as you lean forward.
- Relax.
- Repeat three to five times.
- Experiment with standing distance from the wall to get the best possible stretch.



Bend Overs: Stretches hamstrings (muscle on back of upper leg), back of knees and lower back.
- Stand with feet comfortably apart.
- Bend forward from your waist, only as far as comfortable, with arms hanging relaxed. It is not necessary to touch your toes.
- Slowly and smoothly return to standing position by imagining you are stacking one vertebra on top of another starting at waist and moving toward neck.
- Repeat three to five times.
Do not arch back, do not bounce, do not lock knees. If you have back problems do not do this exercise.



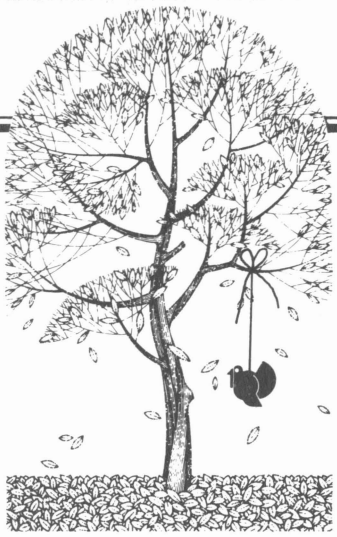
Modified Hurdler's Stretch: Stretches muscles of the lower back and inner sides of thigh.
- Sit on floor with right leg straight in front and left leg bent so that left foot is along inside of right knee.
- Slowly and gently slide hands down extended leg to ankle and foot.
- Gently pull your head to right knee by grasping right ankle and pulling with arms.
- Briefly hold stretch.
- Relax and repeat three to five times.
- Change position with left leg extended and repeat three to five times.

Walking-Jogging Program

Walk or jog at least 3 days each week (every other day).

	Warm-up	Brisk exercise	Cool-Down	Total Time
Walk:	Walk slowly 5 minutes	Walk briskly 30 minutes	Walk slowly 5 minutes	40 minutes
Jog:	Stretch 5 minutes	Jog slowly 3 minutes Jog 20 minutes	Walk slowly 5 minutes Stretch 2 minutes	35 minutes

November



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Congratulations! You're a winner!

Congratulations! You have almost completed 12 months of regular exercise and practicing a better way of eating.

You should see and feel improvements. You have probably lost weight and inches, but most importantly you feel better about yourself and have more energy for your daily activities. There are changes you don't see — such as a stronger heart and lungs.

Don't stop now! Be good to yourself. Continue to make wise food choices and exercise regularly.

Permanent weight control requires a permanent change in lifestyle. Take responsibility for altering your lifestyle and you will be in control of your weight for life.

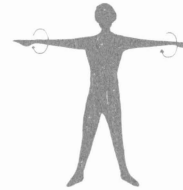
Good luck and Happy New Year!!

Warm-Up Exercises



Wall Pushes:

- Stretches calves, achilles tendons (back of heel) and ankles.
- Stand facing a wall, about 36 inches from the wall, with feet shoulder-width apart.
- Keeping back straight and heels firmly on the floor, place hands on wall at shoulder-height.
- Lean into the wall by bending elbows until you feel the stretch in your calves. Keep heels firmly on the floor as you lean forward.
- Relax.
- Repeat three to five times.
- Experiment with standing distance from the wall to get the best possible stretch.



Arm Circles:

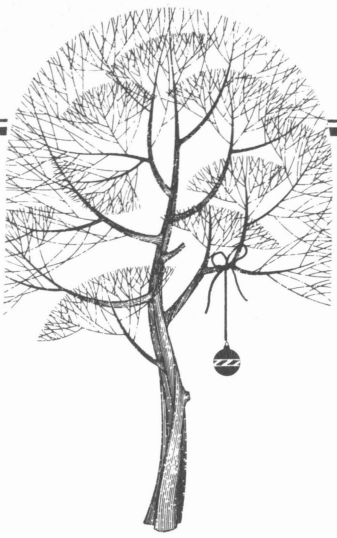
- Stand with feet shoulder-width apart.
- Extend arms at shoulder-level, palms up.
- Make five to ten forward circles with arms.
- Make five to ten backward circles.
- Turn palms down and make five to ten forward and backward circles.
- Keep arms straight making circles from shoulders.
- Vary the size of the circles from small to large diameter.
- Hold a book in each hand to increase difficulty.



Hamstring Stretching:

- Sit on floor with both legs extended.
- Slowly bend forward and tuck your hands under your knees or thighs (depending on flexibility).
- Gently pull your chest toward legs attempting to touch forehead to knees.
- Relax.
- Repeat three to five times.

December



Notes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socioeconomic level, race, color, sex, religion, handicap or national origin.

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