

THE

SLIM DOWN

TEAM NEWSLETTER #2 "Exercising"

Thank you for joining the 2014 Slimdown Challenge. The District One Health & Wellness team is excited to help you during your weight loss journey. Losing weight is hard and requires making lifestyle changes in order to be successful. The advice you receive from these Slimdown Challenge newsletters and educational meetings will be helpful during this time because our recommendations are evidenced-based or have been proven by science to be effective for those trying to lose weight.



Exercise for a Healthy Body & Heart!

The heart is a muscle that pumps blood around the body, and like all muscles it needs exercise. Exercise is a good way to stay healthy, without it the body becomes more prone to illness and disease.

Exercise Facts:

Exercise helps to burn excess calories and helps people to lose weight. It has a direct beneficial effect on the cholesterol and other fats in the blood too.

Exercise improves the circulation and helps the heart work more efficiently; this helps protect against heart disease.

- Exercise can strengthen bones and keep the joints and muscles supple.
- Exercise is a good stress reliever.
- Exercise helps people sleep.
- Exercise can and should be enjoyable.
- Exercise need not cost anything.

How to Begin Exercising...

Anyone who has not exercised for awhile, should not over do it, begin slowly and steadily.

Exercise does not have to be exhausting runs, buying expensive equipment or joining a health club. Building a brisk walk into the daily routine can be enough to give the heart the workout/activity it needs.

First Steps!

- Walk every day. Think before using the car.
- Use stairs instead of elevators.
- Walking is good for the whole family.

Make your exercise of choice something enjoyable--no point in doing something is a chore. Activities like walking, cycling or swimming are easier to keep up as we age as the pace can be controlled.

A Few Sensible Precautions

- People with a history of heart disease, high blood pressure, or who have not exercised in a long time should consult a doctor about exercise before they begin.
- Do not indulge in vigorous exercise in very hot or cold weather, or too close after a heavy meal.

- Always warm up.
- Allow time for "cooling down."
- Check the credentials of all trainers, coaches or aerobic dance instructors.

The Golden Rule is, if the exercise starts to hurt, stop immediately!

People with respiratory problems or heart disease should check with the doctor before starting regular exercise.

Walk regularly and build up gradually. It may take about 8-12 weeks to start to feel the difference, but it will be worth it.



Take It In Your Stride!

Anyone who has not exercised for a while should follow this simple guide to build up their walking

power.

Weeks 1 & 2:

Brisk walking for 5-10 minutes, 2-3 times a week.

Weeks 3 & 4:

Increase to 10-15 minutes, 2-3 times a week

Weeks 5 & 6:

15-20 minutes, 3-5 times a week.

When walking, let your arms swing easily. Walk fast enough to breathe deeply, but slow enough to have a conversation! When 20 minutes of brisk walking, 5 times a week is reached, gradually make the walks longer or introduce a gradual climb. Special equipment is not needed, just a good pair of strong and comfortable shoes which support the heels and arches.

If you need assistance putting together an exercise plan, please feel free to contact the Exercise Physiologists or Wellness Coaches at District

SlimDown Sponsors:





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Try on Park & Rec!**

www.faribault.org/parks

See the Park & Rec website for pricing to use Faribault's most complete and affordable Fitness Center!



Group Fitness Programs
Weekly Aerobics, on Land and Water, Spinning and Dance Classes too!

Drop In Games!
Pickleball, Noon Ball, Racquetball, Walleyball, Indoor Ice Skating and much More!

Programs for the Body & Mind:
Yoga, Pilates, Piloxing & Barre Classes

Sports & Recreation Programs
Volleyball, Basketball, Hockey, Ball Programs



Weight Loss Support & Education

Educational events are free and open to the public. No need to register to attend. Please call 507.331-5063 with questions. Offered by District One Hospital Health & Wellness.

Email for details:
jkath@districtonehospital.com

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Monday	1/6/14	3:00 - 7:00p	Slimdown Fair & Contest Weigh-in	Faribault Parks & Rec
Thursday	1/9/14	12:00 - 1:00p	Your Health Matters Lunch:* <i>Making your Resolutions a Reality</i>	American Legion
Tuesday	1/14/14	5:30 - 6:30p	<i>Nutrition 101</i>	District One Hospital
Monday	1/20/14		Call in team weight to: 507.384.0520	or e-mail: dhansen@ci.faribault.mn.us
Monday	2/3/14		Call in team weight to: 507.384.0520	or e-mail: dhansen@ci.faribault.mn.us
Tuesday	2/4/14	5:30 - 6:30p	<i>Physical Activity</i>	District One Hospital
Thursday	2/13/14	12:00 - 1:00p	Your Health Matters Lunch:* <i>Women's Heart Health</i>	American Legion
Monday	2/17/14		Call in team weight to: 384-0520	or e-mail: dhansen@ci.faribault.mn.us
Tuesday	2/25/14	5:30 - 6:30p	<i>Mindfulness</i>	District One Hospital
Monday	3/3/14		Call in team weight to: 507.384.0520	or e-mail: dhansen@ci.faribault.mn.us
Monday	3/17/14		Call in team weight to: 507.384.0520	or e-mail: dhansen@ci.faribault.mn.us
Tuesday	3/18/14	5:30 - 6:30p	<i>Weight Maintenance</i>	District One Hospital
Monday	3/31/14	3:00 - 7:00p	Weight-out	Faribault Park & Rec

* Optional \$6 lunch is available