



Maine in Motion Program Materials

www.maineinmotion.org

Maine Governor's Council on Physical Activity
11 Parkwood Drive, Augusta, ME 04330

Published Fall 2006

Mission of the Maine Governor's Council on Physical Activity:

**To promote wellness for Maine people through physical
activity and other health policies and practices.**



JOHN ELIAS BALDACCI
GOVERNOR

STATE OF MAINE
OFFICE OF THE GOVERNOR
1 STATE HOUSE STATION
AUGUSTA, MAINE
04833-0001

October 2006

Dear Friends:

Welcome to all participating in this *Maine in Motion* pedometer and physical activity program, developed by the Governor's Council on Physical Activity. Recreation and physical fitness are central components of a healthy, meaningful and productive life.

I created the Governor's Council on Physical Activity to increase the level of citizen involvement in recreational and sporting activities. This program goes a long way in promoting health and wellness, encouraging adults and children alike to opt for exercise and healthy eating habits and to combat obesity. This will be the beginning of many other events that will address the health challenges that face the State of Maine in the coming years.

Again, I thank the Governor's Council on Physical Activity for orchestrating the *Maine in Motion* program. I commend those participating and wish you all a healthy future.

Sincerely,

A handwritten signature in black ink that reads "John E. Baldacci".

John E. Baldacci
Governor

JOHN E. BALDACCI
Governor

Erik N. Steele, DO
Co-Chair

Joan Benoit Samuelson
Co-Chair

207-622-7566

STATE OF MAINE
GOVERNOR'S COUNCIL ON PHYSICAL ACTIVITY
11 PARKWOOD DRIVE
AUGUSTA, MAINE 04330



www.mainephysicalactivity.org

Dear “*Maine in Motion*” Participant:

Welcome to the “*Maine in Motion*” physical activity program. This year-round program, developed by the Maine Governor’s Council on Physical Activity, was designed to increase the level of physical activity in Maine people. The specific focus is to help Maine people move to a more active lifestyle by either using a pedometer – the little device that tracks how far you walk every day -- or by tracking time spent on physical activity.

Research has shown that pedometer use promotes increased activity and better health. We hope this program helps to put more activity in your life, and it will, if you set a goal for how many steps you are going to take every day or how much time you will devote towards physical activity and record your progress on your personal fitness calendar. We encourage you to participate, be active, and have fun.

New to the program is an online feature that allows you to track your progress using your personal fitness calendar. By recording your steps or time every day, it will move you along selected “tours” or through the Governor’s Challenge. You can also register online by going to www.maineinmotion.org.

The *Maine in Motion* program Worksite Manual was compiled from research conducted by Karen A. Croteau, Ed.D., Associate Professor of Sports Medicine at the University of Southern Maine and Catrine Tudor-Locke from Arizona State University. Elanna C. Farnham, *Maine in Motion* Program Coordinator, will provide the leadership for this project of the Maine Governor’s Council.

The Maine Governor’s Council on Physical Activity would also like to extend a sincere thank you to the sponsors of this program: The Stephen and Tabitha King Foundation, Eastern Maine Medical Center, Anthem Blue Cross Blue Shield, Dead River Company, Central Maine Heart and Vascular Institute, National Semiconductor, TD Banknorth, L.L. Bean, Creative Print Services, W.S. Emerson Company, Burgess Advertising, and Hannaford Supermarkets. Their investment in time and money is truly a healthy investment in Maine people.

Your site coordinator has a participant manual (CD-R manual) that will be a useful tool for helping you become more physically active. We hope you will continue to incorporate new physical activities in your life and continue on to complete many of our monthly “tours.”

Sincerely,

Joan Benoit Samuelson
Co-Chair

Erik N. Steele, DO
Co-Chair



Maine in Motion

Individual Registration Form

Required Information:

First Name: _____ Last Name: _____

Mailing Address: _____ Town: _____

State: _____ Zip Code: _____ County: _____

Telephone Number: _____

Male _____ Female _____ Date of Birth _____

Will you: track steps (pedometer) track time

If you are a student ...

Your grade level: _____ Your school: _____

If you are NOT a student ...

Primary Employment: employed self-employed retired
 homemaker out of work other

Your work site: _____

Educational Level: some high school high school equivalency
 high school graduate some college or technical school
 college graduate (4 years or more)

Height without shoes (optional): _____ Weight without shoes (optional): _____

email: _____

Please answer some questions about yourself and your activity level.

Regular physical activity is defined as achieving at least:

- 30 minutes (in bouts of at least 10 minutes at a time) of moderate-intensity activity on five or more days of the week *OR*
- 20 minutes of vigorous-intensity activity on 3 or more days of the week.

What best describes your current level of exercise?

- I do not participate in regular physical activity now, but intend to in the next 30 days.
- I do not participate in regular physical activity now, but intend to in the next 6 months.
- I do participate in regular physical activity now, but have been for LESS than 6 months.
- I have been participating in regular physical activity for MORE than 6 months.

(continued on back)

Return registration form to Maine in Motion, 11 Parkwood Drive, Augusta, ME 04330.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly to yourself.

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

If you answered:

YES to one or more questions

NO to all questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active. Tell your doctor about the above questions and which questions you answered YES.

You may be able to do any activity you want -- as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.

If you answered NO honestly to all questions, you can be reasonably sure that you can start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.

You should **delay becoming much more active** if:

1. You are not feeling well because of a temporary illness such as a cold or fever: wait until you feel better.
2. You are or may be pregnant: talk to your doctor before you start becoming more physically active.

Informed use of the Par-Q: The Canadian Society of Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing questionnaire, consult your doctor prior to physical activity.

I have read and understood the PAR-Q questions listed on this page.

Choose one of the following Governor's Challenges (these numbers will be your goals on your personal fitness calendar). Each challenge is for a one month time period.

Bronze Challenge (4 days activity per week)

Track steps - Goal: 8000 steps per day; 32000 steps per week OR

Track time - Goal: 30 minutes per day; 120 minutes per week

Silver Challenge (5 days activity per week)

Track steps - Goal: 10000 steps per day; 50000 steps per week OR

Track time - Goal: 40 minutes per day; 200 minutes per week

Gold Challenge (6 days activity per week)

Track steps - Goal: 12000 steps per day; 72000 steps per week OR

Track time - Goal: 50 minutes per day; 300 minutes per week

No Challenge

I prefer to just use the fitness calendar and not participate in any of the Governor's Challenges. However, I understand that I can add a challenge in the future at any time.





Required Information:

I understand that any information I provide is privileged and confidential. I agree to the use of information for evaluation and research purposes as long as I am **not** identified. I have read, understood, and completed this questionnaire. The Maine Governor's Council on Physical Activity and their agents assume no liability for persons who undertake physical activity and hereby state that I am voluntarily participating in the *Maine in Motion* program. My photo may be used for promotional purposes.

Signature: _____ Date: _____

Parent/Guardian signature for participants under age 18.



Signature: _____ Date: _____

Maine in Motion Personal Fitness Calendar

Track "Steps" or "Time"

Name: _____ Work, School, or Site Name: _____

Steps at Baseline: _____ Daily Step Goal: _____ or Daily Time Goal: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Steps/Time
							Week 1
							Week 2
							Week 3
							Week 4
							Week 5
							Week 6
							Week 7
							Week 8
							Week 9
							Week 10
							Week 11
							Week 12

Contact Information:

Maine Governor's Council on Physical Activity
11 Parkwood Drive
Augusta, Maine 04330

207-622-7566, ext. 230

If you have any questions, please contact us at
info@maineinmotion.org

www.maineinmotion.org



Maine in Motion

Finding Your Baseline Using a Pedometer

Week #1: Find your baseline.

1. Set your step counter to zero and go about your daily routine.
2. Record your daily steps on your personal fitness calendar (i.e., 5,500 steps on Day 1).
3. Continue to do this for five to seven days. You can either reset your pedometer daily or go for a grand total on your last day (i.e., seven day total is 38,500).
4. Find the average number of daily steps ($38,500$ divided by $7 = 5,500$). This is your **baseline**. (You can also get your baseline by recording for 5 days.)



Finding Your Baseline by Tracking Your Activity

Week #1: Find your baseline.

1. Record your daily time spent on physical activity (i.e., playing basketball, building snowmen, walking dog, ice skating, etc.) on your personal fitness calendar (i.e., 30 minutes on Day 1).
2. Continue to do this for five to seven days.
3. Add up all time spent and divide by the number of days recorded (five or seven). This is your **baseline**.



Maine in Motion

Tips for Goal Setting

Here are some tips that can help you stay motivated as you move toward a more active lifestyle using a pedometer.

As you set your goals, follow these guidelines:

- ★ Determine what you want your goal to be for the *Maine in Motion* program.
- ★ Set realistic goals. Make your goals challenging but realistic. Wear your pedometer daily and record your steps. Determine what your average daily step count (baseline) is by recording a three day average. If not using a pedometer, record your time on your activity log.
- ★ Set a specific goal and revisit that goal as you reach a new activity level.
- ★ Give yourself a time limit to reach your goal.
- ★ Write your goals and post where you can review.
- ★ Celebrate your successes.
- ★ Set a new goal when you've accomplished your first goal.

GOOD LUCK & CONGRATULATIONS IN ADVANCE!!

Maine in Motion

Tracking “Steps”



Recommended Goals -- Pedometer Program

STEP 1: Find out how many steps you currently get each day (**your baseline**) by wearing your pedometer for 3 days -- from the time you get up in the morning until you go to bed at night. Do what you normally do each day (don't add activity yet...that comes later). Try to measure at least one weekend day, since your activity level could vary from weekdays. Calculate your **baseline** by averaging your step counts for the 3 days. (For example, if you accumulated 21,000 steps for 3 days, divide 21,000 by 3 to get 7,000 for your **baseline**).

STEP 2: In the chart below, choose and circle an **ultimate goal** for yourself. (For example, if you are an adult with no health conditions, your ultimate goal would be 10,000 steps/day.)

STEP 3: Based on your ultimate goal, select and circle a **daily goal** for yourself and add that number to your baseline. (For example, if you are an adult with no health conditions and get about 7,000 steps each day, then your daily goal would be to add 300 steps each day ... for a total of 7,300 steps.)

STEP 4: At the end of each week, did you reach your **daily goal**?

- a) **Yes, I did** -- Great! Set a new goal.
- b) **No, I didn't** -- That's OK! Try again with the same goal.

STEP 5: At the end of the program, did you reach your **ultimate goal**?

- a) **Yes, I did** -- Great! Set a goal for another program.
- b) **No, I didn't** -- That's OK! Try again with another program.

	Daily Goal (add to your baseline)	Ultimate Goal (aim for optimal health)
Children & Adolescents	500-600 steps	12,000-16,000 steps
Adult Starter Program	150-200 steps	7,500 steps
Healthy Adults	250-300 steps	10,000 steps
Healthy Older Adults	200-300 steps	7,500 steps
*Adults w/Chronic Disease	100-200 steps	5000+ steps

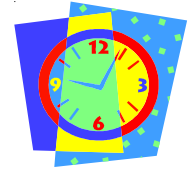
*Check with your physician before starting an exercise program.



Maine in Motion

Tracking "Time"

Recommended Goals – Time Program



STEP 1: Determine how much moderate physical activity you currently get each week (this is your **baseline**) by answering the following questions. Examples of moderate physical activity include walking, cycling, dancing, raking leaves, shoveling snow, etc.

How many days per week do you get moderate physical activity? _____

How many minutes per day do you get moderate physical activity? _____

STEP 2: In the chart below, choose and circle an **ultimate goal** for yourself. (For example, if you are an adult with no health conditions, your ultimate goal would be 30+ minutes every day.)

STEP 3: Based on your ultimate goal, select and circle a **daily goal** for yourself and add that number to your baseline. (For example, if you are an adult with no health conditions, your daily goal would be to add 5-10 minutes each day for a total of 35 to 40 minutes a day.)

STEP 4: At the end of each week, did you reach your **daily goal**?

a) **Yes, I did** -- Great! Set a new goal.

b) **No, I didn't** -- That's OK! Try again with the same goal.

STEP 5: At the end of the program, did you reach your **ultimate goal**?

a) **Yes, I did** -- Great! Set a goal for another program.

b) **No, I didn't** -- That's OK! Try again with another program.

	<u>Daily Goal</u> (add to your baseline)	<u>Ultimate Goal</u> (aim for optimal health)
Children & Adolescents	5-10 minutes	60+ minutes
Adult Starter Program	5 minutes	30 minutes
Healthy Adults	5-10 minutes	30+ minutes
Healthy Older Adults	5-10 minutes	30 minutes
*Adults w/Chronic Disease	5 minutes	20 minutes

*Check with your physician before starting an exercise program.



Maine in Motion

Tour of Maine

For those participating online, you will have the choice of several “tours” each month to help keep you motivated. These tours will vary in distance and the time it takes to complete each one. You will advance on the tour by either recording your steps or activity time on your online fitness calendar, which will move you to various points along the tour. “Pop-ups” will alert you when you have reached certain benchmarks along the way. Following are samples of the tours we will offer.

Rockland Port Clyde Tour

Mid-coast Maine has been known as the home of sailors, ship captains, and entrepreneurs who worked the islands for granite. This 51 mile trek takes you through historic Rockland, Owls Head, and many scenic coastal landmarks.

Starting point:

Main Street, Rockland at the state ferry terminal

Travel 6 miles to

Owls Head State Park

Continue to mile 11 - Ash Point

Great views of Vinalhaven, North Haven, and Spruce Head

At mile 18 - you have reached views of Muscle Ridge Channel

At mile 26 there are magnificent views of Long Cove

At mile 31 - enter Port Clyde

Catch the ferry to Mohegan Island



At mile 38 - check out the views of Watts Cove

At mile 45 - you can visit Montpelier State Park which is the restored mansion and home of General Henry Knox

Mile 51 -- you have arrived back at the Rockland Ferry Terminal

Maine in Motion

Tour of Maine - continued

Great Fall Maine Hikes

Barren Mountain Hike

This strenuous **12 mile** hike has great views. Barren Mountain is the highest and western most peak of the Barren-Chairback Range. Barren is the last peak in the 100 mile wilderness of the Appalachian Trail.

Starting point: Vaughan Stream

Travel approximately 1 1/2 miles to Slugundy Gorge.

Follow Long Pond Stream to Barren Ledges (approximately 1/2 mile).

Climb 4 miles to the Summit of Barren Mountain. When you reach the Summit you will see some of the best views in the State.

Climb back down the mountain and follow your way back to Vaughan Stream (6 miles).



Webster Brook Trail

The Webster Brook hike is in the northern wilderness of Baxter State Park-- approximately **24 miles** round trip.

Begin your hike at Trout Brook Farm. Hike 6 miles to Little East Branch.

Check out the spectacular autumn colors at Boody Brook along with colorful mushrooms, puffballs, and bracker fungi.

When you reach Little Brook Farm, travel 9 miles to Webster Lake.

At Webster Lake, take the time to see loons floating on the lake -- the fall flowers are magnificent -- continue on to Hudson Brook (approximately 3 3/4 miles).

Hudson Brook will take you back to the Trout Brook Farm.





Maine in Motion

Benefits and Tips

Benefits of Using a Pedometer

1. Walking has become the #1 participating sport for Americans.
2. Walking benefits your body and mind while lowering weight.
3. Walking can help prevent osteoporosis, reduce the chances of heart disease, lower blood pressure, and strengthen your muscles.
4. Increased physical activity can help in achieving better grades in school.

Walking Tips

1. Warm up and cool down with each walking workout.
2. Stay hydrated -- drink water before, during, and after walking.
3. Choose clothing right for the season and make sure you wear reflective clothing at dusk.
4. Eye and skin protection are a must during all seasons.
5. Choose safe routes and walk with a friend.
6. Wear shoes that fit and feel comfortable.



Maine in Motion

Be a Safe Walker


Remember to:

- ◆ Always walk facing traffic when on a road with no sidewalk.
- ◆ Stay as far over on the shoulder of the road as possible and walk single file if there is traffic.
- ◆ Always pay attention to traffic, assume that the driver cannot see you.
- ◆ Cross at crosswalks where available. When crossing a street where a car is stopped, cross behind the car, rather than in front of it.
- ◆ Never wear earphones when walking on roadways so you can hear cars approaching. Also, when walking alone after dark, earphones should not be worn so that you are able to hear anyone coming up behind you.
- ◆ Walk with others when possible. When walking alone, stay in open areas and walk during daylight times unless you know the neighborhood.
- ◆ Look both ways before crossing, even on one-way streets.
- ◆ Carry a small flashlight or wear white reflective clothing if walking at dawn, dusk, or after dark.
- ◆ If a dog approaches, avoid eye contact and keep an even pace to get past him/her. If you know a particular dog is a problem, avoid that route.
- ◆ Wear good foot protection and walk on firm surfaces to prevent falls, cuts or injury.
- ◆ Always carry identification when walking alone and let someone else know your route and about how long you will be gone.

Maine in Motion

Exercising After Dark

Safety first. If fitting in exercise means you are on the road after dark, **be sure to always face traffic** -- and dress so drivers can see you.

		Headlights will pick you up at ..	Drivers will see you're a person at..
	If you carry or wear ... A white T-shirt	224 ft	105 ft
	Reflective tags	532 ft	144 ft
	A flashlight	1,379 ft	316 ft
	A jogger's vest	744 ft	322 ft
	Reflective head, wrist & ankle bands	760 ft	436 ft

Source: National Highway Traffic Safety Administration





Maine in Motion

Step Equivalents/Conversion Chart

Instructions:

1. Find your activity on the chart below.
2. Next to your activity, find the steps per minute equivalent.
3. Multiply that number by the actual number of minutes that you performed the activity.
4. Add that number to the total number shown on your pedometer and record on your personal activity log.

<u>Step Equivalents</u>	Step Equivalents of Activities	
	Steps per minute of activity	
ACTIVITY	MEN	WOMEN
Canoeing	72	60
Chopping Wood	151	126
Cycling	180	150
Horseshoes	62	52
In-line Skating	240	200
Judo and Karate	283	236
Rowing	180	150
Skating	180	150
Skiing:		
Moderate to steep	180	150
Downhill racing	367	325
Cross-country	270	226
Snowshoeing	187	156
Swimming:		
Pleasure	115	97
Freestyle 25-50 yards per minute	180	150
Butterfly 50 yards per minute	307	256
Backstroke 25-50 yards per minute	180	150
Breaststroke 25-50 yards per minute	180	150
Sidestroke 40 yards per minute	235	196
Volleyball	108	90
Water-skiing	163	136
Weight lifting	120	100
Wrestling	317	
Yoga	60	50

Resource: The Step Diet Book (www.stepdietbook.com)



Maine in Motion

Wellness Benefits Everyone

Wellness programs offer many benefits for employees and employers.

Benefits for Employees:

- Increased knowledge about the relationship between lifestyle and health
- Increased opportunity to take control of their health and medical treatment
- Increased morale via management's interest in employee health and well-being
- Increased opportunity for support from co-workers and environment
- Increased job satisfaction
- Reduced absences
- Reduced illness and accidents
- Reduced medical costs

Benefits for Employers:

- Increased worker morale
- Increased worker productivity
- Increased worker loyalty
- Informed, health care cost-conscious workforce
- Recruitment tool
- Opportunity for cost savings via:
 - reduced absenteeism
 - decreased health care utilization
 - decreased overall health benefits costs
 - reduced disability claims
 - reduced turnover rate
 - fewer on-the-job accidents

Wellness at work is a win/win situation. Employers win employee appreciation and a healthier bottom line. Employees win better health and an overall higher quality of life.