



RAIN or SLEET or SNOW or HAIL... or even ICE!

The weather will not always cooperate with your plans to add physical activity to your day. What do you do then???

- **THE MALL**– Today’s supersized malls provide plenty of territory for walking, with enough visual diversions en route to keep you from getting bored. And don’t forget the fringe benefit: you can pick up a few things you’ve been meaning to buy while you’re there!
- **OFFICE STAIRWELLS**-Use the stairs in your office or apartment building to log some extra steps.
- **A TREADMILL**-An indoor treadmill provides a convenient way to get moving at any time of day.
- **AQUA JOGGING**-Walking in the water is a refreshing way to add some activity and of course you can swim too, for a great workout.
- **ICE SKATING**-Indoor or outdoor, throw on a pair of skates and get skating! A great way to be active while having fun with the family!
- **HIRE A STUDENT TRAINER**-hire a student trainer for free to work with you in the Clements/Rike Center



Highlights:

Pedometers– how to use

Tips to decreasing fats and sweets

Success Tip:

Remember to keep a pair of walking shoes in your car or office so that you can take advantage of any small amount of time to get moving!



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Get a Pedometer!



How to Wear and Use Your Step Counter

- Wear the pedometer on your waistband or belt 2 to 6 inches on either side of your belly button.
- Make sure it is straight and close to your body
- If you have a large stomach, try placing the step counter on the side of your hip
- Wear your pedometer all day, except when bathing or swimming. Most people get the majority of their steps through regular daily activities
- Take off your step counter when you go to bed, and record your steps in a daily log book
- You can buy a pedometer at any sporting goods store, or even at Wal-Mart or Target

AVERAGE NUMBER OF STEPS PER DAY BY AGE:

Males

18-29...6,382

30-39...5,819

40-49...6,312

50-59...5,703

60+...4,515

Females

18-29...5,318

30-39...5,162

40-49...5,780

50-59...4,537

60+...4,504





Tips On Decreasing Fats and Sweets

- Limit dressing on salads to 1 tablespoon or switch to low-fat or fat-free dressing
- Use just a little less butter, margarine, and mayonnaise
- Use less sour cream and cream cheese or use the low-fat or fat-free versions
- For a snack, have a piece of fruit, a small box of raisins, some pretzels, or a light yogurt in place of candy or chips
- Limit your intake of doughnuts, sweet rolls, high-fat muffins, and croissants. It is easy to overeat these foods. Substitute whole-grain cereals, breads, waffles, bagels, or English muffins
- In place of cookies, cakes, or other dessert pastries, have a few graham crackers, gingersnaps, or animal crackers. Other good substitutes are juice-packed canned fruit, applesauce, frozen fruit bars, or low-calorie fudge bars
- Hire an OtterFit trainer for free or join the Healthy Habits for Life class for the next five weeks of this quarter. Contact Dr. Lynn Esselstein at lesselstein@otterbein.edu for more information



OR...

