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DID YOU KNOW?

**Exercise
combats
chronic
disease!**

You Don't Have Time **Not** to Exercise

If you often feel like you want to exercise, but don't have the time, think again. In fact, you don't have time **NOT** to exercise. To truly be healthy and keep your weight under control, you have to do more than practicing healthy eating, visiting your doctor, and taking your prescription medications. You have to make physical activity an important part of your day.

As we'll reveal in this issue of *Partners2Health*, getting fit doesn't need to take much time at all — it can be convenient and fun. Our healthy partners featured in this issue agree that any time you do spend on physical activity is well worth the time and effort.

The quote from Covert Bailey below says it all — there are many, many benefits to exercise. We'll explore these benefits and tips for starting an exercise routine so that you, too, can reap the health benefits of physical activity.



Get fit.
You'll love the
results.

If exercise were a pill,
it would be the most prescribed
medicine in the world.

— Covert Bailey, fitness and nutrition coach



Physical Benefits of Exercise

Here are some of the physical benefits of exercise:

- You feel stronger and have more energy.
- You look better.
- You lower your risk for heart disease, stroke, certain cancers, diabetes and high blood pressure.
- You can reach — and stay at — a healthy weight more easily.
- It's easier for you to do daily tasks like moving around, bending over, climbing stairs, etc.
- You keep your bones, muscles, and joints strong and exercise can even help relieve arthritis pain.

Mental Benefits of Exercise

There are also mental benefits to exercise:

- Exercise can take your mind off your problems and help you better deal with stress and anxiety.
- It forces you to be “in the present” and not worry about things in the future.
- Exercise can help keep your mind sharp as you get older.



Feel strong.
Have more energy.
Look better.

Be Smart Before You Start

Just beginning an exercise routine? Answer yes or no to the following questions. If you answer YES to any of the questions on this list, you must check in with your doctor and get cleared for exercise before you start.

YES NO

- 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?

HEALTHYPARTNERS

Jim Elick, Healthy Partner, Reliability Engineer, Savannah

Jim Elick, Reliability Engineer II at the Research and Development Center in Savannah, never turns down a challenge. "If you say I can't do it, you're done," he declares. Having waged a battle with high cholesterol and sky-high triglycerides for much of his life, Jim takes his health seriously. He knows the benefits of physical activity and makes sure it's an integral part of his lifestyle.



Over the years, Jim has learned a lot about nutrition and exercise and gained great awareness of their effects on his own body. He realized that muscle strength peaks in a person's late twenties and declines steadily after that. Jim asserts with a broad smile, "Lose a half a pound of muscle a year for the rest of my life? Not on my watch!" As he entered middle age in 1996, he decided to do something about his physical fitness.

Jim tried cycling, rightly believing that it would provide a cardiovascular workout that was low impact but still challenging and fun. He started out with a mountain bike and loved it. He was living in Atlanta at the time, and those red clay hills made his legs and heart work harder. Soon he bought a road bike, met a local group of cyclists and joined them on a 100-mile "century" ride. Prior to this, the farthest Jim had ever ridden was 30

miles. True to his competitive nature, he gave it his all, but the distance, intense heat, hilly terrain, and poor technique were just too much. Jim made another decision - this would never happen again. Nearly 24,000 miles later, it never has.

Thirteen years later, Jim is as active and physically fit as ever. He rides 75 to 100 miles a week, including a long ride on Saturdays. He credits consistent cycling with mitigating the effects his cholesterol problem has had on his overall cardiovascular health. At age 51, he feels great. "I have the metabolism of a speed bump," Jim quips, "but cycling keeps me fit and vital."

Most rewarding perhaps are the numerous friends he's made through cycling and the countless ways it has enhanced his life. He and his wife, Sabrina, have been spectators at the Tour de France and he has served as a Marshall for the Tour De Georgia. As the Founder of Habitat for Humanity's "Ride for Rafters," he still organizes local rides today.

The lesson for the rest of us? Find an activity you enjoy, make it an integral part of your life, and allow your life to be enriched by it. The health benefits you receive are just an added bonus.

Even a little exercise is better than none at all.



"I have the metabolism of a speed bump, but cycling keeps me fit and vital."

Walking can help...

Manage your weight.

Control your blood pressure.

Decrease your risk of heart attack.

Raise your "good" cholesterol.

Lower your risk of stroke.

Reduce your risk of breast cancer and type 2 diabetes.

Talk the Talk, Walk the Walk

A positive attitude is a great motivator when it comes to starting a fitness regimen. If you set your mind to it and believe you can achieve it, chances are you will. Sometimes barriers creep up, however, that keep you from working up a sweat. Put those negative thoughts aside, and start talking the talk, and walking the walk.

The truth is that almost anyone can exercise and walking is a great form of physical activity that is inexpensive, convenient, and non-intimidating. Best of all, you can achieve enormous health benefits simply by walking on a regular basis.

Here are some tips about sticking to your exercise plan, whether you walk, jog, run, or do another form of exercise:

- **Start with small, short-term goals you can reach.** You might start with 15-minute walks three times a week, for example.
- **Start each workout with a five-minute warm-up.** Pick up your pace in the middle of the workout, then cool down at the end.
- **Exercise at a pace that raises your heart rate and makes you breathe harder.** However, don't work out to the point where you feel faint, dizzy, or can't talk.
- **Wear comfortable shoes with good arch support.** To get the most out of your workout, flip flops or dress shoes just won't do and could end up giving you an injury.
- **Ask a friend, family member, or co-worker to work out with you.**
A pet can be a great companion, too.



Here's a 10-week walking program developed by the National Heart, Lung and Blood Institute.

Week	Warm-Up	Activity	Cool-Down	Total Time
Week 1				
Session A	Normal walk: 5 min.	Brisk walk: 5 min.	Normal walk: 5 min.	15 min.
Session B	Normal walk: 5 min.	Brisk walk: 5 min.	Normal walk: 5 min.	15 min.
Session C	Normal walk: 5 min.	Brisk walk: 5 min.	Normal walk: 5 min.	15 min.
Continue with at least three (3) exercise sessions during each week of the program.				
If you find a particular week's pattern tiring, repeat it before going on to the next pattern.				
You do not have to complete the walking program in 10 weeks.				
Week 2	Normal: 5 min.	Brisk: 7 min.	Normal: 5 min.	17 min.
Week 3	Normal: 5 min.	Brisk: 9 min.	Normal: 5 min.	19 min.
Week 4	Normal: 5 min.	Brisk: 11 min.	Normal: 5 min.	21 min.
Week 5	Normal: 5 min.	Brisk: 13 min.	Normal: 5 min.	23 min.
Week 6	Normal: 5 min.	Brisk: 15 min.	Normal: 5 min.	25 min.
Week 7	Normal: 5 min.	Brisk: 18 min.	Normal: 5 min.	28 min.
Week 8	Normal: 5 min.	Brisk: 20 min.	Normal: 5 min.	30 min.
Week 9	Normal: 5 min.	Brisk: 23 min.	Normal: 5 min.	33 min.
Week 10	Normal: 5 min.	Brisk: 26 min.	Normal: 5 min.	36 min.



Walk. Walk. Walk.



Few people know how to take a walk. The qualifications are endurance, plain clothes, old shoes, an eye for nature, good humor, vast curiosity, good speech, good silence and nothing too much.

– Ralph Waldo Emerson (1803-1882) U.S. poet, essayist and lecturer



Stretch Yourself Thin

At the end of every workout, add 10 minutes of stretching to cool down and relax. Stretching your muscle groups keeps you flexible and helps with sore or tense muscles. It also helps you avoid injury, and improves your balance and posture.

The ideal time to stretch is after you have warmed up and your muscles are warm. Here are some stretching techniques to use:

- **Stretch the muscles on both sides of your body evenly.** Don't stretch one side more than the other side.
- **Avoid over-stretching.** You should feel minor tension or just a slight pull on the muscle during the stretch.
- **Go slowly.** Always stretch slowly and evenly. Hold the stretch for about fifteen seconds and release slowly as well.
- **Don't bounce.** This can cause injury as a muscle is pushed beyond its ability.
- **Remember to breathe.** Flexibility exercises should be relaxing. Deep easy, even breathing is key to relaxation. Never hold your breath while you stretch.



Step It Up: Take Your Routine to the Next Level

Once you feel comfortable with your exercise routine and feel as though you can take it to the next level, interval training is the way to go. Interval training alternates brief, intense exercise with recovery periods. This method of exercise boosts your cardiovascular level and increases calorie burn. Start by incorporating two interval training sessions into your exercise routine each week (take at least one rest day in between).



Another option? If you currently do cardio, add more time to your routine. If you normally exercise for 30 minutes, tack on another 10 minutes and make it 40.

HEALTHYPARTNERS

Dan Stout, Healthy Partner, Quality Control Inspector, Savannah

Can a video game really help a family lose weight and get in shape? Ask Daniel Stout, Quality Control Inspector in Savannah. Dan bought a Nintendo Wii game system for his then 10-year-old daughter, Katie, last September – and he’s been a new man ever since.

In his younger days, Dan used to be a body builder, but like many of us he became more and more sedentary over the years. After learning at a doctor’s office visit last year that his weight was at a record high of 199 pounds, he took a long look at himself in the mirror and decided he didn’t like what he saw or how he felt. The realization hit hard. “I wasn’t taking care of myself and it showed,” he admits. He began to think of his father, who had a heart transplant years ago, and understood that he was headed down the same unhealthy road.

Dan is a very spiritual man, so his first response was to pray for direction. Then he got into action. In the past, he turned to starvation diets to lose weight, but found that approach unhealthy and unrealistic to continue the rest of his life. This time around, Dan played it steady and sensible, eating right and beginning a walking regimen. His progress was slow but steady at first.

Then, Dan purchased the Wii for his daughter Katie and the Wii Fit to supplement his



walking program, and the fun began! The Wii system uses a wireless, motion-sensitive controller, so the player can throw a punch or swing a baseball bat using real motions rather than pushing buttons. No more sitting in one position just moving your thumbs! The Wii Fit is a separate program designed to help the user achieve fitness goals and have fun at the same time. It includes activities that focus on strength training, aerobics, yoga and balance games and helps you track your progress.

“Soccer is a blast,” Dan says enthusiastically. “And hula hoop is a real cardio workout and great for abs. You really break a sweat.” Ski slalom and boxing are two more of Dan’s favorites. Since the system promotes good posture and balance, Dan has noticed an improvement in his alignment. His exercise regime has provided him greater core (abdominal) strength and a finer sense of balance that has improved his backaches.

These days, Dan is weighing in at a trim 180 pounds and he’s active every day. He feels lighter on his feet and in his heart, too. “My stress level is lower than ever before,” he says. What about the rest of the Stout family? Dan says he wants to be an inspiration to them and admits with a smile, “Katie’s better at boxing than I am!”



Stretching your muscle groups keeps you flexible and helps with sore or tense muscles.

“My stress level is lower than ever before.”



Stretching doesn't have to be limited to your home or the gym. You can even stretch at work!

More Information

The American Heart Association has an online community called *MyStart! Community* that you can join to help get you motivated and connect you with others who can offer insights and support. Go to *MyStart!Community* at www.mystartonline.org to join.

Here are some great resources you can use for help in getting — and staying — more active.

Organization	Web Site
American Council on Exercise	www.acefitness.org
Healthier US Initiative	http://www.healthierus.gov/exercise.html
Shape Up America	www.shapeup.org/shape/steps.php
Small Step	http://www.smallstep.gov/get_active.html
Stretches at your desk	http://www.shelterpub.com/_fitness/_desk_stretches/stretchches_graphic.html



A man's health can be judged by which he takes two at a time — pills or stairs.

— Joan Welsh



“Partners 2 Health” is the companywide initiative for employees and their families to work together with Gulfstream to achieve a healthy life and reduce healthcare costs. Under this partnership, Gulfstream will supply the resources (medical plans and health-related information) and families will make informed decisions (taking into consideration that health guidance) to maintain or improve their health. In addition to substituting for the preposition “to” (“Acting as partners will lead to better health”), the “2” signifies the two partners (employees and Gulfstream) and the two phases (short-term and long-term) of everyone’s health. Additionally, the “2” represents the two goals of the initiative — the primary goal of better health and the secondary goal of lower healthcare costs.