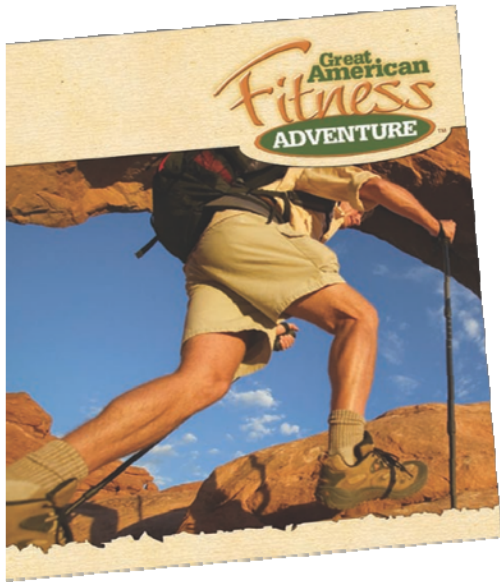




Get fit, have fun, be adventurous...

Join the *Great American Fitness Adventure* Today!



From east to west and all stops between, the U.S. is full of exciting destinations. Consider *Great American Fitness Adventure* your invitation to explore some of our country's most amazing sites.

You'll go on an inspiring journey to better health as you visit 100 national parks, forests, monuments, and other natural wonders in 100 days. From the rugged White Mountains of New Hampshire, to the fossil beds of the Badlands in South Dakota, to the crashing Klamath River in Oregon and California, to the lush rainforest of Haleakala National Park in Hawaii, your fitness adventure will take you to America's most treasured outdoor wonders.

How It Works

Each day, your goal is to achieve 30 minutes or more of physical activity. The activity choice is yours, but we recommend getting outside, breathing the fresh air, and trying something new. You can go for a walk around town or head to a park for some vigorous hiking, cycle around the block or challenge your skills with mountain biking, use equipment at the gym, or learn how to rock climb—it's up to you.

For each day you log 30 minutes of exercise, you earn "entrance" to a park, monument or natural wonder. Your goal is to earn entrance to all 100 landmarks across the U.S. If you face a day when you can't fit in the 30 minutes, don't worry—you'll have 20 "free passes" to use on those rare occasions.

To Sign Up

Contact Abbie O'Toole, Sr. Health & Safety Services Specialist at aotoole@cccsig.org or by phone at 1-866-922-2744, ext. 235 to arrange a 30-minute introductory meeting for all interested parties at your site. Introductory meetings will be conducted from 9/12/11 through 9/30/11. The program begins on Monday, October 3rd and lasts for 100 days.



Benefits of Regular, Physical Activity

- More energy
- Reduced stress levels
- Feel better and look better
- Lose or maintain weight
- Stronger bones and muscles
- Easier to move
- Helps with arthritis and diabetes management
- Reduces the risk of many chronic diseases
- Helps raise good cholesterol (HDL)
- Better mood, more positive outlook and confidence
- Helps with depression (exercise gives access to the body's natural anti-depressants)

Expert* Recommendations for Physical Activity

Cardio (aerobic): 30 minutes of moderate intensity activity, 5 days/week

Strength: Strength training of moderate intensity at least 2 times a week

Stretching: Stretching the major muscle groups 2-3 times a week

*American College of Sports Medicine

Things to Consider Before Starting

- Getting a partner is highly recommended as studies have shown those who are physically active with a partner or group are most successful in sticking to a program. Also, it is safer to be with someone rather than being alone.
- Always wear comfortable foot gear that provides good support.
- Safety is important. If you are just beginning to be active, take it slow at first and gradually build your program. **Most adults do not need to see their physician before starting a moderate intensity physical activity program.**
- If you plan to start a vigorous program (over 60% maximum heart rate) and are a man over 40 or a woman over 50 with a chronic disease or risk factors, check with your physician before starting.

Risk Factors

- Family history of heart disease
- Cigarette smoking (current and those who quit within the previous 6 months)
- High blood pressure (>140/>90)
- High blood cholesterol (>200 mg/dl Total Cholesterol or >130 mg/dl LDL)
- Impaired fasting glucose
- Obesity
- Sedentary lifestyle

