



**Put yourself behind the wheel and race for the most important prize
ever . . . your health!**

Purpose of the Program:

Indy 800, a 6-week fitness program, is designed to help you maintain or increase your level of physical activity while on the race of your life! This is your opportunity to improve your cardiovascular system, build muscle mass, and gain strength while having fun.

Program Goal:

Exercise your way around the tracks to complete the 800-mile race in 6 weeks. In order to do this, you must complete all 6 laps around the race track, which averages to completing one lap each week. Each lap equates to participating in 130 minutes of physical activity. Should you achieve this goal, you will have completed approximately 800 minutes of physical activity throughout the course of the program.

How the Program Works:

Each week of the program, aim to complete one lap around the track. For every 5 minutes of physical activity, move your race-car themed push pin one box along the race track. Stay “on track” by aiming for 30 minutes of physical activity, 5 days a week and you will have no problem finishing the Indy 800!

Remember, you don’t have to be a competitive athlete to benefit from this program and the physical activities you participate in are up to you.

Examples of Physical Activity:

- | | | | |
|----------|-----------|----------------------|------------------------|
| -Walking | -Biking | -Hiking | -Strength Training |
| -Running | -Swimming | -Sporting Activities | -Group Fitness Classes |

To Sign Up for an Introductory Meeting (or to have program materials mailed to your site so you can hold your own introductory meeting), contact:

Denise Schreiner at dschreiner@cccsig.org (between February 16th-February 19th)
Abbie O’Toole at aotoole@cccsig.org (between February 22nd and March 10th)



Physical Activity Defined for This Program:

Any physical activity that you have chosen to do with the intention of exercising for your health. Although house and yard work, along with chasing students around the classroom or moving objects at one's workplace can be counted in an overall fitness plan, they are not included in this particular program.

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 HR) 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