



## **Starter Kit**

Welcome to the InStep for Life walking and fitness program, a North American Division (NAD) Health Ministry Initiative. We commend your decision to be physically active. Regular physical activity will help you feel better, look better, and enjoy the abundant life God wants everyone to experience. We suggest you invite a friend to join you and share the good news of a healthy lifestyle as we walk Instep with Christ.

### **All it takes is 6 simple steps!**

- 1. Complete the Registration Form (attached)** to become an official InStep for Life member and give it to your local InStep coordinator or your pastor if a coordinator has not been appointed yet.
- 2. Complete the Physical Activity Readiness Questionnaire (attached).** It will help you decide whether you can start safely now or if you need to see your doctor before beginning a walking program.
- 3. Choose an activity.** InStep for Life emphasizes walking – something almost anyone can do – but you can also do any of 30+ activities, including biking, swimming, jogging, and active sports. Choose activities you enjoy and want to build into your daily life but are not too strenuous for you.
- 4. Get a pedometer** (order information attached). Research shows that people who wear a pedometer get more daily activity than those who don't!
- 5. Set a daily stepping or activity goal.** If first starting, you may want to aim for 5,000-6,000 steps a day. Start within your capacity and gradually work up over several weeks until you can complete 10,000 steps a day. If this is too much, set your own goal at 6,000, 8,000, or 9,000 steps a day. If not using a pedometer, aim for 2-3 miles or 30-45 minutes of walking or other moderate physical activity daily. Write your goal on the Physical Activity Log (attached). Then start walking!
- 6. Log your physical activity daily.** Research documents that people who set goals and log their progress daily are more likely to succeed in their personal fitness program. Use the Physical Activity Log (attached). Place it on your bathroom mirror or obvious location so it will remind you daily to write down your progress.

## Once you've started, keep 4 things in mind.

- 1. Log your daily steps or miles online at least once a week** (online logging instructions attached). This is necessary for keeping national statistics. If you don't have access to a computer, you can give a copy of your monthly activity record to your local InStep coordinator. The online logging also gives you the opportunity to take virtual fitness adventures all over the world.
- 2. Once a month, give a summary** of your physical activity to your local InStep Coordinator (monthly Physical Activity Summary form attached).
- 3. Invite your spouse, son or daughter, a friend, or your neighbor to join you.** Having a fitness buddy will help you both be more faithful in your activity and make it more fun. Use this opportunity to reach out and help someone else experience better health.
- 4. Earn awards.** If you keep good exercise records, you can earn fitness awards, such as the "Million Steps" award (walking 10,000 or more steps for 100+ days in one year), or the 100-, 500-, or 1000-mile awards (for those logging miles but not steps). Those participating in the online adventures will also earn certificates of completion when reaching the last milepost in a virtual adventure.

The NAD fitness program starts officially January 1, 2009 and continues through General Conference in 2010. All Adventist churches and institutions are invited to participate, as well as their friends. To invite others to join you in this NAD-wide fitness challenge, send them to: [www.InStepForLife.com](http://www.InStepForLife.com). Develop a supportive fitness culture in your home, place of work, and church. **Have fun!**

Yours for abundant health,

The InStep for Life planning committee, and  
Reg Burgess, NAD Fitness for Life Director





## Monthly Physical Activity Summary

Complete this form and return it to your local InStep for Life coordinator (or pastor if a coordinator has not yet been appointed).

Name \_\_\_\_\_ Report for month of \_\_\_\_\_  
(Print name clearly)

### Stepping report:

My stepping goal is \_\_\_\_\_ steps/day.

Number of days I met this goal this month \_\_\_\_\_.

Number of days I logged 10,000+ steps \_\_\_\_\_.

### Minutes of physical activity report (if logging minutes/day, not steps)

Number of days I met this goal this month \_\_\_\_\_.

**Total aerobic miles** completed this month \_\_\_\_\_.

**Note:** Use the Aerobic Mile Chart on the Physical Activity Log (attached) to see how many minutes of an activity are needed to equal one aerobic mile (2000 steps also = one mile).

**What comments/experiences** you are willing to share about your activity program? What has helped you, any benefits realized, suggestions, or interesting experiences (write below):

**Attachments:**

PAR-Q form

Physical Activity Log

Ordering pedometer and book and T-shirt

Online logging instructions (being revised)

# PAR - Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

| YES                      | NO                       |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you feel pain in your chest when you do physical activity?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. In the past month, have you had chest pain when you were not doing physical activity?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you lose your balance because of dizziness or do you ever lose consciousness?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?                                     |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?                       |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Do you know of <u>any other reason</u> why you should not do physical activity?   |

## YES to one or more questions

If  
you  
answered

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q 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.
- Find out which community programs are safe and helpful for you.

## NO to all questions

If you answered NO honestly to all PAR-Q 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.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

## DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

**Please note:** If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

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

**You are encouraged to copy the PAR-Q but only if you use the entire form**

**NOTE:** If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.

NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

SIGNATURE OF PARENT \_\_\_\_\_  
or GUARDIAN (for participants under the age of majority)

WITNESS \_\_\_\_\_



**Ship order to:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ St/Prov: \_\_\_\_\_ ZIP/PC: \_\_\_\_\_

Daytime Phone #: (\_\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

**Bill order to:**

Conference/Union: \_\_\_\_\_

Church (Must have an AdventSource Express Connect Account)

Church Name: \_\_\_\_\_

EC Acct #: \_\_\_\_\_ EC Password: \_\_\_\_\_

| <b>Pedometer Order Form - Retail Price \$19.00</b> |                 |                         |              |
|--|-----------------|-------------------------|--------------|
| <b>Catalog #: 500265</b>                           |                 |                         |              |
| <b>Qty</b>   | <b>Discount</b> | <b>Sale Price</b>       | <b>Total</b> |
|  | 1               | \$12.00 + shipping      |              |
|  | 2-9             | \$10.00 each + shipping |              |
|  | 10-19           | \$8.00 each + shipping  |              |
|  | 20 +            | \$6.00 each + shipping  |              |

Fax your order to 402-486-8819  
 or call AdventSource at 800-328-0525  
[www.adventsource.org](http://www.adventsource.org)



# Physical Activity Is Powerful Medicine

## PHYSICAL ACTIVITY LOG

Name: \_\_\_\_\_

Personal Goals (select one):

Start Date: \_\_\_\_\_

- Jan. – March     April – June  
 July – Sept.     Oct. – Dec.

- 6 aerobic miles/week     6,000 steps/day  
 10 aerobic miles/week     8,000 steps/day  
 15 aerobic miles/week     10,000 steps/day  
 20 aerobic miles/week     \_\_\_\_\_steps/day

**Instructions:** Write down what you achieved in your fitness program every day (aerobic miles, steps, or exercise minutes). See Aerobic Miles chart on the right to convert various activities into aerobic miles. At the end of the quarter, submit this log to your InStep Coordinator or health leader. If you haven't been exercising, aim for 6 aerobic miles a week or 6,000 steps a day to start. Gradually work up to 15 aerobic miles a week or 10,000 steps daily.

| WEEK  | SUN | MON | TUE | WED | THUR | FRI | SAT | Weekly Totals |
|---|-----|-----|-----|-----|------|-----|-----|---------------|
| 1   |     |     |     |     |      |     |     |               |
| 2   |     |     |     |     |      |     |     |               |
| 3   |     |     |     |     |      |     |     |               |
| 4   |     |     |     |     |      |     |     |               |
| 5   |     |     |     |     |      |     |     |               |
| 6   |     |     |     |     |      |     |     |               |
| 7   |     |     |     |     |      |     |     |               |
| 8   |     |     |     |     |      |     |     |               |
| 9   |     |     |     |     |      |     |     |               |
| 10  |     |     |     |     |      |     |     |               |
| 11  |     |     |     |     |      |     |     |               |
| 12  |     |     |     |     |      |     |     |               |
| 13  |     |     |     |     |      |     |     |               |
| <b>13-week Total Steps or Aerobic Miles</b> |     |     |     |     |      |     |     |               |

### AEROBIC MILES CHART

| Activity                              | Minutes to equal one Aerobic Mile |          |          |
|---------------------------------------|-----------------------------------|----------|----------|
|                                       | Easy                              | Moderate | Vigorous |
| Aerobic dancing                       | 30                                | 20       | 15       |
| Backpacking                           | 15                                | 12       | 10       |
| Basketball                            | 20                                | 12       | 10       |
| Bicycling (10, 12, and 15 mph)        | 18                                | 14       | 10       |
| Calisthenics                          | 20                                | 15       | 12       |
| Canoeing or rowing (4, 6, and 8 METS) | 20                                | 15       | 12       |
| Dancing, social                       | 30                                | 20       | 15       |
| Football, touch                       | 20                                | 15       | 12       |
| Gardening, active                     | 60                                | 40       | 30       |
| Golfing, carrying bag or pulling cart | 30                                | 25       | 20       |
| Hiking, cross-country                 | 20                                | 15       | 12       |
| Jogging or running                    | 12                                | 10       | 8        |
| Karate, Tae kwon do                   | 15                                | 12       | 10       |
| Mountain climbing                     | 15                                | 12       | 10       |
| Racquetball, handball                 | 20                                | 15       | 10       |
| Rope skipping                         | 11                                | 10       | 8        |
| SCUBA diving                          | 20                                | 15       | 10       |
| Skating                               | 20                                | 15       | 12       |
| Skiing, cross country                 | 17                                | 12       | 8        |
| Skiing, down hill                     | 20                                | 15       | 12       |
| Soccer                                | 15                                | 12       | 10       |
| Stair stepping                        | 15                                | 13       | 11       |
| Stationary cycling                    | 16                                | 13       | 11       |
| Swimming                              | 24                                | 16       | 12       |
| Table tennis                          | 60                                | 30       | 20       |
| Tennis                                | 20                                | 15       | 11       |
| Volleyball                            | 20                                | 15       | 12       |
| Walking                               | 24                                | 20       | 15       |
| Water skiing                          | 20                                | 15       | 12       |
| Weight training                       | 30                                | 20       | 15       |



### MILEAGE AWARDS

- 100 aerobic miles in one year
- 500 aerobic miles in one year
- 1,000 aerobic miles in one year
- 2,000 aerobic miles in one year
- 1 million steps in one year
- 2 million steps in one year
- 3 million steps in one year