

First Strides®

for a

Healthy You

Beginner Walking & Running Workshop for Women

JOURNAL LOG

In partnership with



**Lehigh Valley
Health Network**

A PASSION FOR BETTER MEDICINE.™

First Strides[®] for a *Healthy You*

Beginner Walking & Running Workshop for Women

Congratulations! As a member of *First Strides*, you are on your way toward discovering the benefits of walking and running. You already know you don't need a gym membership, you just need good walking or running shoes, time, discipline and guidance. You provide the first three and *First Strides* provides the latter through weekly training sessions and this journal, which helps you track your progress and meet your personal goals.

Over the next 12 weeks, you'll discover more energy, meet new walking and running friends, and work toward at least one goal: a 5K (5 kilometers or 3.1 miles) walk or run. You'll work out with women who have similar abilities, and receive encouragement and coaching from *First Strides* mentors. They offer advice and their personal stories (some started walking and running through *First Strides*). Guest speakers, including Lehigh Valley Health Network specialists, will teach you safe techniques for walking and running,

and how to better care for yourself, both physically and mentally.

It doesn't matter how old you are. First Strides welcomes women ages 12 through 112, and all athletic abilities. Many *First Strides* are right off the couch, some describe themselves as "active but not fit," and a few are joggers looking to improve their training. Participants represent many professions, including teachers, nurses, homemakers, executives, students and retirees. You'll surely fit right in.

To learn more about making First Strides toward a Healthy You, visit **lvh.org/firststrides**.

To learn more about Lehigh Valley Health Network programs, visit **lvh.org** or call 610-402-CARE.



Track Your Progress

This is your personal walking/running diary. Track your progress to help you meet your personal goals. Start by filling in the appropriate dates on the following 12 pages. There's one page for every week of the *First Strides*® program. Each day, record how long you walked or ran and how far. (Keep in mind, *First Strides* is based on time, not distance. However, you may want to track distance for your own personal goals.) Remember, stretching is an important part of your workout, along with your 5-minute warm-up and 5-minute cool-down.

At the end of each week, calculate your totals. Use the graph on the back cover to track your progress. Above each week, place a dot to

indicate how many minutes you walked or ran. Connect the dots each week to get a clear picture of your progress.

In the “Notes” section of each day, record the weather, how you were feeling while walking or running, whom you worked out with, your personal achievements or challenges—anything you want. This journal is to help you track your workouts and meet your personal *First Strides* goals.

At lvh.org/firststrides, find great tips and information about how walking and running benefit your physical and emotional health.

	DATE	TIME	DISTANCE	NOTES
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TOTALS				<p>First Strides Workout Goal: 4 minutes easy; 1 minute hard; 3 repetitions = 15 +10* = Total: 25 minutes Workouts this week: 3 <i>*Your 5-minute warm-up and 5-minute cool-down times</i></p>

“One step at a time is good walking.”

- Chinese proverb

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TOTALS				<p>First Strides Workout Goal: 4 easy; 2 hard; 3 repetitions = 18 +10* = Total: 28 minutes Workouts this week: 3 <i>*Your 5-minute warm-up and 5-minute cool-down times</i></p>

Exercise and Bladder Control

Do you lose urine when you exercise, laugh, cough, sneeze or lift heavy objects? If so, you could have incontinence. Talk to your doctor about other symptoms and treatments.

Stay dry when exercising by strengthening your pelvic muscles with Kegels. These pelvic floor exercises strengthen the muscles that support the urethra, bladder, uterus and rectum. A strong pelvic floor prevents “dribbling” when exercising, coughing, laughing or sneezing.

Learn more at lvh.org/firststrides.

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TOTALS				<p>First Strides Workout Goal: 3 easy; 2 hard; 4 repetitions = 20 +10* = Total: 30 minutes Workouts this week: 3 <i>*Your 5-minute warm-up and 5-minute cool-down times</i></p>

“Jogging is very beneficial. It’s good for your legs and your feet. It’s also very good for the ground. It makes it feel needed.”

– Charles Schultz,
Peanuts creator



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TOTALS				<p>First Strides Workout Goal: 3 easy; 3 hard; 4 repetitions = 24 +10* = Total: 34 minutes Workouts this week: 3 <i>*Your 5-minute warm-up and 5-minute cool-down times</i></p>

Taking Care of Your Heart

- Know your numbers. You know your shoe and dress sizes, but it's also important to know your blood pressure and cholesterol. These can help you control and prevent heart disease.
- Know your symptoms. Women's warning signs for heart disease are different than men's. They include unexplained extreme fatigue, discomfort or pain across the shoulder blade and shortness of breath with or without chest discomfort.

Learn more at lvh.org/firststrides.

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TOTALS				<p>First Strides Workout Goal: 2 easy; 3 hard; 5 repetitions = 25 +10* = Total: 35 minutes Workouts this week: 3 *Your 5-minute warm-up and 5-minute cool-down times</p>

“Me thinks that the moment my legs begin to move, my thoughts begin to flow.”

-Henry David Thoreau



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TOTALS				<p>First Strides Workout Goal: 3 easy; 4 hard; 4 repetitions = 28 +10* = Total: 38 minutes Workouts this week: 4 <i>*Your 5-minute warm-up and 5-minute cool-down times</i></p>

Building Healthy Bones

Participating in weight bearing exercises like running, walking, dancing, hiking and climbing stairs for at least 30 minutes a day can help build healthy bones.

If you are over 50, you should do the following to prevent osteoporosis: exercise for 30 minutes a day, take calcium and vitamin D supplements and talk to your doctor about a DEXA scan.

Learn more at lvh.org/firststrides



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TOTALS				<p>First Strides Workout Goal: 2 easy; 4 hard; 5 repetitions = 30 +10* = Total: 40 minutes Workouts this week: 4 <i>*Your 5-minute warm-up and 5-minute cool-down times</i></p>

**“In every walk
with nature,
one receives far more
than he seeks.”**

—John Muir

	DATE	TIME	DISTANCE	NOTES
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TOTALS				<p>First Strides Workout Goal: 1 easy; 4 hard; 6 repetitions = 30 +10* = Total: 40 minutes Workouts this week: 4 <i>*Your 5-minute warm-up and 5-minute cool-down times</i></p>

Improve Your Mental Health With Exercise

If you're feeling stressed and anxious, exercise. Two minutes of exercise prompts your body to release "feel-good" endorphins. Like meditation, it moves your attention away from your woes and into the present moment.

Stay motivated to exercise by doing what you enjoy, finding an exercise buddy, setting reasonable goals and varying your workouts.

Learn more at lvh.org/firststrides.



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TOTALS				First Strides Workout Goal: 1 easy; 5 hard; 6 repetitions = 36 +10* = Total: 46 minutes Workouts this week: 4 <i>*Your 5-minute warm-up and 5-minute cool-down times</i>

“The longest journey begins with a single step.”

—Lau Tsu
Tao Te Ching



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TOTALS				<p>First Strides Workout Goal: 1 easy; 7 hard; 5 repetitions = 40 +10* = Total: 50 minutes Workouts this week: 4 <i>*Your 5-minute warm-up and 5-minute cool-down times</i></p>

Making Strides Toward Healthy Eating

- Aim for 5-9 servings of fruits and vegetables each day, with at least 1 serving per meal (1 serving =1/4 of your plate).
- Drink water. It helps replace fluids lost during exercise. Drink 2 cups of water two hours before exercising, and 4-8 ounces (1/2-1 cup) every 15-20 minutes during your workout. After working out, drink another 2 cups of water.

Learn more at lvh.org/firststrides.

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TOTALS				<p>First Strides Workout Goal: 1 easy; 9 hard; 4 repetitions = 40 +10* = Total: 50 minutes Workouts this week: 5 <i>*Your 5-minute warm-up and 5-minute cool-down times</i></p>

“Running gives me a sense of strength, power. On the way in from a run, I’m a new woman.”

—Lynn Jennings
 U.S. and world
 cross-country
 champion

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TOTALS				<p>First Strides Workout Goal: 1 easy; 10 hard; 4 repetitions = 44 +10* = Total: 54 minutes Workouts this week: 5 <i>*Your 5-minute warm-up and 5-minute cool-down times</i></p>

Strengthen Your Core

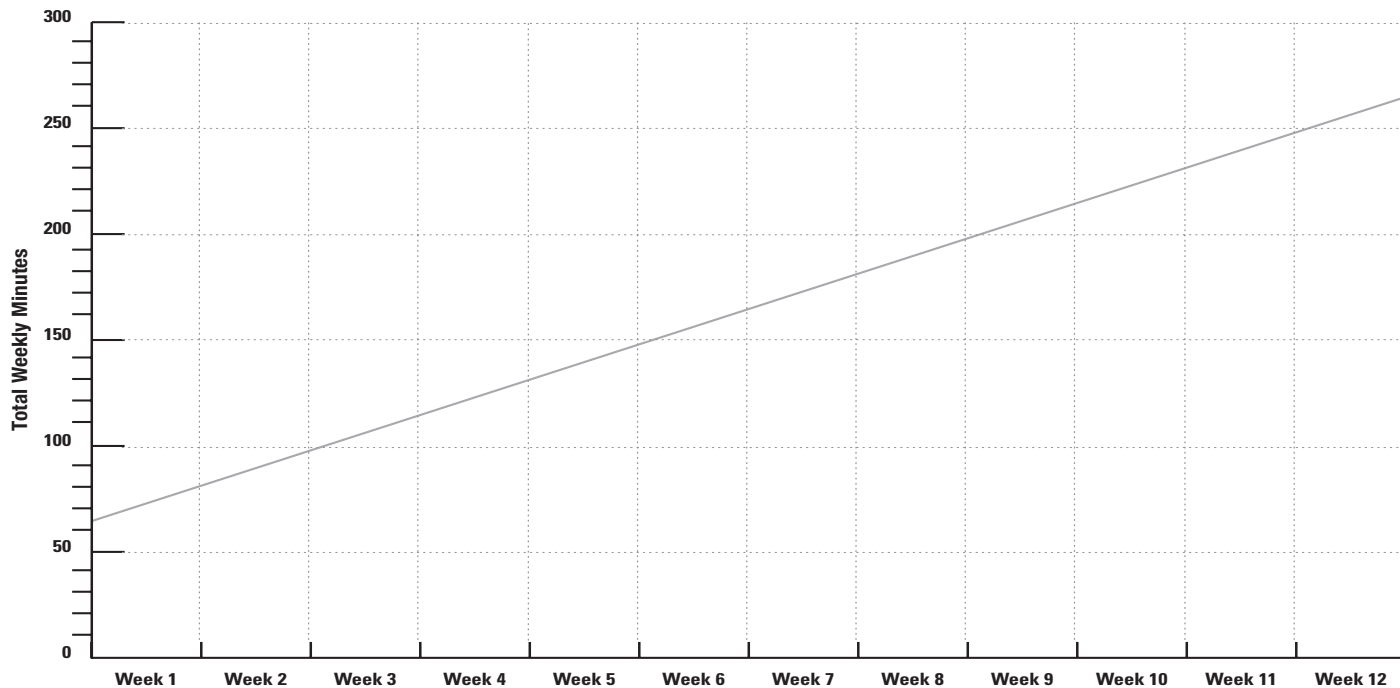
Incorporate core strengthening exercises into your workouts to prevent lower back pain and muscle injuries.

Forget sit-ups. Core strength exercises should work all the muscles in your abs and back that support your spine and keep your body stable and balanced.

Learn more at lvh.org/firststrides.

Track Your Progress

(Minutes per week comparison chart)



How to Use This Graph

This graph will help you track your weekly progress and give you a clear picture of how well you did during the 12-week First Strides program. Above each week, place a dot to indicate how many

minutes you walked or ran. (Use the time totals you calculated for each week.) Connect the dots each week to get a clear picture of your progress. An upward line indicates you are doing well.

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