

# A PARTNERSHIP GUIDE FOR WALKING AND HEALTHY LIVING



[www.americaonthemove.org](http://www.americaonthemove.org)



[www.csrees.usda.gov](http://www.csrees.usda.gov)



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## 1 ACKNOWLEDGEMENTS

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## 2 INTRODUCTION

Overview of America On the Move (AOM) with the Cooperative State Research, Education, and Extension Service (CSREES). America On the Move with CSREES (AOM with CSREES) is a national program that emphasizes the commitment and dedication of CSREES and AOM to empower individuals, families and communities to meet their needs and goals through a learning partnership and to adopt positive behaviors to improve health and quality of life.

America On the Move is a national initiative dedicated to helping individuals and communities across the country make small positive changes to improve health and quality of life. America On the Move inspires people to engage in fun, simple ways to become more active and eat smarter.

CSREES is a U.S. Department of Agriculture (USDA) agency. Its mission is to advance knowledge for agriculture, the environment, human health and well-being, and communities by supporting related programs in the Land-Grant University System and other partner organizations. Through its out reach efforts the Cooperative Extension System seeks to improve the nutrition, health and fitness of Americans and the environment so that it supports healthy food choices and physical activity.

### America On the Move philosophy

*America On the Move and its partners will:*

- Address the problem of unhealthy lifestyles in America in a positive and proactive way;
- Respect the dignity of all individuals by inspiring healthy choices rather than emphasizing weight and appearance;
- Include the imagination, talents, and commitment of multiple stakeholders—public and private sectors will come together to address the health crisis of overweight and obesity facing the nation;
- Empower individuals and communities to make informed choices regarding healthy eating and active living through effective communication guided by sound, evidence-based information;
- Foster an understanding of the connection between daily choices about physical activity and eating behavior and the impact of those choices on health;
- Increase the likelihood that individuals will adopt healthy behaviors by encouraging them to start from where they are and incorporate small changes into their busy daily routines, building confidence for continued change efforts; and
- Assure easy access for all to America On the Move resources and systems.

### Cooperative State Research, Education, & Extension Service philosophy

*Cooperative State Research, Education, and Extension Service and its partners will:*

- Focus on critical issues affecting people's daily lives and the nation's future;
- Empower individuals, families and community members to make informed choices, to solve problems and improve their lives at the local level;
- Promote sound human nutrition and healthy living through effective communication supported by, evidence-based information;
- Deliver educational programs that equip individuals with the skills they need to lead positive, productive and healthy lives;
- Foster community based programs that create healthy and appealing environments to increase the likelihood that people will adopt healthy behaviors;
- Bring together the collective resources of universities and communities to address changing unhealthy lifestyles in a positive and proactive way
- Respect the dignity of all individuals regardless of their size and capabilities and encourage healthy eating and exercise behaviors to the extent that they are able to make positive changes in their lifestyle;
- Assure easy access for all CSREES and partner related resources and systems.



### 3 HOW TO USE THIS GUIDE:

The America On the Move program is intended for use with the ongoing classes and presentations of such Cooperative Extension programs as Family and Consumer Education, Food Stamp Nutrition Education, Expanded Food and Nutrition Education, 4-H Youth Development, Master Gardening, Public Issues Education, and general health and wellness classes. The idea is not to take extra time and effort from staff, but to incorporate AOM programming into the existing class/presentation time frame, in an easy format. In this guide you will find a curriculum with lesson plans and activities for a 6-8 week class. Some programs are delivered in a one-time only presentation. For these we have developed the AOM short version.

On behalf of AOM and CSREES we THANK YOU! for making an impact on the quality of life for the individuals, families and communities that participate.

Educational hand outs from the "Educational Materials for Reproduction" section may be copied for educational purposes. They are available in both English and Spanish.

Evaluation is a very important part of the AOM program and the partnership with CSREES, therefore we ask you to read this section very carefully.

### 4 CSREES EDUCATORS AS THE "ROLE MODEL"

Get started with America On The Move by making two simple changes:

- Take an extra 2000 steps over baseline
- Eat smarter by consuming 100 fewer calories each day.

**"Inside the walls" of your office: Lead by example...your class participants look to you for advice.**

*Getting you and your co-workers "On the Move"*

- Get involved and register individually or as a group: [www.americaonthemove.org](http://www.americaonthemove.org)
- Wear a step counter and encourage your co-workers to do the same
- Create and encourage walking breaks
- Complete a 6 week challenge and track progress at: [www.americaonthemove.org](http://www.americaonthemove.org)
- Post healthy eating and active living posters on your office
- Distribute the AOM Brochure to your co-workers
- Create a healthy-eating environment
- Review the types of foods and beverages served at all your office events and meetings and onsite in general. The more healthy choices are provided, the more likely staff will be to consume them
- Promote healthy pot lucks or healthy food for special office celebrations
- Set up challenges with fellow agents in other office locations

### 5 AOM "OUTSIDE THE WALLS" OF CSREES- INCORPORATING AND IMPLEMENTING AOM PROGRAM IN CLASSES TO COMMUNITY:

Now that you have tried the AOM program, you are ready to take it "Outside the Walls" of your office and to the community.

#### **Six week AOM curriculum.**

*This six week curriculum is designed for classes or programs that are six weeks or longer. If your class is less than six weeks, (e.g., three weeks long, you can tailor the program by implementing two AOM components in one session).*

Note: Time allocated for each component varies from 5 to 15 minutes.



## WEEK 1

(10-15 minutes)

**Handouts:** AOM Brochure

**Other:** Guide To Buying  
A Quality Step Counter

### 1. Introduce participants to America On the Move

- America On the Move is a national initiative dedicated to helping individuals and communities across our nation make positive changes to improve health and quality of life. By focusing on individuals and communities AOM strives to support healthy eating and active living habits in our society.
- The message is simple and behavior change is painless: move more and eat less by making 2 small daily changes - Take 2000 more steps over baseline (about 1 mile) and eat 100 fewer calories (by eating smarter).

### 2. Explain to participants how measuring steps can make you healthier.

- Being more active has been shown to decrease the risk of many getting a major chronic disease, such as heart disease and diabetes.
- The average American adult is gaining 1-3 pounds each year. Being more active can help to prevent this.
- Walking is a daily activity that most people do. It is a good way to increase physical activity that is not physically hard, does not take a lot of extra time or special equipment, and is very low cost or even free.

### 3. Distribute and explain the use of the step counter.

- A step counter measures every step you take.

#### **Educator: Show how to wear the step counter and refer to AOM Brochure**

*Make sure the step counter is positioned correctly to ensure accuracy by following these steps:*

*Refer to handout for picture of proper placement.*

- Clip your step counter to your waistband or belt, directly above your knee.
- Be sure it is vertical, not angled or dangling from your clothing.
- Have each participant put on his or her step counter and test for accuracy by setting the step counter to zero and then walking 50 steps.
- Check the display. If the reading is between 45 and 55, the step counter is functioning properly. If it reads more or less, reposition the counter on your waist and check again. Other positioning options: On the side of hips (this may work better with very obese) or, if unable to clip to outer clothing, clip to underwear.
- When participants have determined the proper step counter position, they are ready to begin tracking their steps.

### 4. Tracking Progress

- Recording steps taken using the Step Log in the AOM Brochure
- Instruct participants to wear their step counter for a minimum of 3 days in a row (preferably for 1 week), with at least one of the days being a day off (e.g., weekend, day off work).
- Put step counter on after getting dressed in the morning and wear it all day long.
- Be sure to reset step counter at the beginning of each day.
- Record the number of steps taken at the end of each day using the log in AOM Brochure.
- In the log, record the date next to STEPS; record the number of steps taken on the line; place a check in the - 100 calories box if you were successful in doing the challenge for the week.
- Participants should try to do their usual activity rather than adding activity to their usual routine.

### 5. Explain to participants how eating smarter with 100 fewer calories a day can benefit their overall health.

- Eating smarter (healthier) prevents the development of specific conditions and diseases such as type 2 diabetes, hypertension, cancer, osteoporosis, high cholesterol.
- Prevents gaining weight.

*Remind participants to bring their step records with them to the next class (AOM Brochure) so they can record their first 3 days in the data collection form next week.*



## WEEK 2

(5-10 minutes)

**Handouts:**

**100 Ways to Increase 2000 Steps**  
**100 Ways to Decrease 100 Calories**  
**Activities Converted to Steps**

**Data Collection:**  
**Long version form**

### 1. Step Counter feedback

- Ask participants for their feedback on wearing the step counter over the past week.
- What was it like to wear the step counter?
- What are their reactions to the number of steps they took? Were they surprised at how many or how few steps they took?

### 2. Calculation of baseline steps

- Add your total steps from each day together and divide that number by the number of days you recorded to find out your average steps taken per day. This is your baseline number (see example in AOM Brochure). Have participants fill out Data Collection form and write their first three days in the space provided. Collect forms.
  - The average American takes 5500 steps per day.
  - Ask the class if they would like to know the class average.

### 3. Setting a personal step goal

- Participants should try to increase the number of daily steps by 2000 over their baseline.
- Every person is starting from a different point (personal baseline).
- The 2000 step per day increase can be accomplished over a one week period or over several weeks.
- Remember that any increase, no matter how small, is a step in the right direction.

### 4. Have participants set goals for the next week

- Have participants write their goals for the following week.
- Number of steps to take per day (at least 2000 more than baseline)

**Educator: Distribute and refer to the 100 Ways to Increase 2,000 Steps handout or have participants choose their own.**

### 5. Tracking progress

- Keeping a record of the number of steps you take is a great way to see the progress you make.
- Participants can track their progress in many ways:
  - Chart in AOM Brochure;
  - Calendar you already use, chart you make up.
- In addition to tracking steps, it may be helpful to make notes of what you did on days you had an especially high number of steps.
- Non-walking activity- Anyone doing any activity can be part of AOM! From swimming to basketball, your participants can convert almost any non-walking activity into steps. Simply by using the Activity Converted to Steps chart in the "Educational Material for Reproduction" section of this guide, participants can convert any of more than 70 different activities into steps based on the amount of time they spend doing each activity.

**Educator: Distribute and refer to the 100 Ways to Decrease 100 Calories handout or have participants choose their own.**

**Educator: Make sure you have made enough copies before the class.**

*Remind participants to bring all handouts to each class.*

**Participants should choose one thing they will do to increase steps and eat 100 fewer calories:**

- Have participants write their goals for eating smarter
- Participants should choose one thing they will do to eat 100 fewer calories





## WEEK 3

(5 minutes)

**Handouts:**

**No handouts for  
this class**

### 1. Check in with success at meeting goals

- Have participants share their successes and any challenges or barriers they encountered to meeting their step goals and eating 100 fewer calories per day.

### 2. Have participants set goals for the next week (using the “100 Ways” hand outs) or participants choose their own.

- If met goal of increasing 2000 steps/day over your baseline, keep at this new level OR you can keep adding more steps (this may be good to do if goal is weight loss).
- If you did not yet get to the goal of increasing 2000 steps/day over baseline, continue working at this goal.
- If you met your goal of decreasing 100 calories/day, continue OR choose a new way to decrease calories.
- If you did not yet reach your calorie or step goal, continue working towards these goals.

*Remind participants to continue tracking their programs and to bring their tracking forms and all handouts to next class.*

## WEEK 4

(5 minutes)

**Handouts:**

**No handouts for  
this class**

### 1. Check in with success at meeting goals

- Have participants share their successes and any challenges or barriers they encountered to meeting their step goals and eating 100 fewer calories/day goals
- Ask participants what it is like to wear the step counter now as compared to the first week of wearing it.

### 2. Review and discuss tips for increasing your steps and eating 100 fewer calories/day, get new ideas from participants.

- Have participants share one thing they did that helped them meet their step and eating smarter goals.
- What tips or advice would they give to other people just like them as they are starting out with the step counter?
- What tips or advice would they give to others as they start eating 100 fewer calories/day?

### 3. Have participants set goals for the next week

- If you have met the goal of increasing 2000 steps/day over your baseline, keep at this new level OR you can keep adding more steps (This may be good to do if goal is weight loss).
- If you did not yet get to the goal of increasing 2000 steps/day over baseline, continue working at this goal.
- Have participants set their goals for eating smarter. If you did not yet get to the goal, continue working at this goal.

*Remind participants to continue tracking their programs and to bring their tracking forms and all handouts to next class.*







## WEEK 5

(5 minutes)

**Handouts:**

**No handouts for  
this class**

### 1. Check in with success at meeting goals

- Have participants share their successes and any challenges or barriers they encountered to meeting their step goals and eating 100 fewer calories/day goals

### 2. Staying motivated

- It is often easy to stay motivated to do something when you are in a class or are with others who are trying to make the same changes you are. However, we can often lose motivation once the class ends.
- Ask participants what motivates them to move/increase activity (e.g., social time with friends, quiet time, time with children).
- Tips for staying motivated:
  - Create new goals and write them down in your schedule — even if you don't normally keep a day planner, jot down the times you'll designate for physical activity
  - Find an "exercise buddy" or join an exercise class
  - Get the whole family involved with physical activity
  - Continue to set goals on a weekly basis
  - Form a walking club or join an existing one
- We tend to do different things in different seasons. It may be helpful to revisit your baseline steps seasonally.
- After a while you may find that you will not wear your step counter all the time. However, putting it on from time-to-time can be a big motivator, especially if you feel you have "gotten off track" (e.g., after the holidays).

**Educator: VERY IMPORTANT:** Remind participants to continue tracking their programs and to bring their tracking forms and all handouts to next class.

**WEEK 6** (If your extension class is longer than 6 weeks, repeat week 5. When you reach the end of your session, use the information in week 6).

(5 minutes)

**Handouts:**

**Data Collection  
Long Version – filled out by  
participants in week 2**

### 1. Check in with participants for success at meeting goals

- Have participants share their successes and any challenges or barriers they encountered in meeting their step goals and eating 100 fewer calories/day goals

### 2. Discuss ways to continue practicing healthy eating and active living activities as a lifestyle

- Have participants come up with their own ideas and share with the group

### 3. Give participants their initial Data Collection form and have them write their last three days of tracking information (FROM THEIR OWN TRACKING LOG) and collect Data Collection log for the program evaluation.

**Educator:** See Instructions for Class/Group data entry on p.11.



(15-20 minutes)

## ONE-TIME ONLY SESSION - SHORT VERSION

**Handouts:**

**AOM Brochure**

**100 Ways to Increase 2000 Steps**

**100 Ways to Decrease 100 Calories**

**Guide to Buying a Quality Step Counter**

**Activities Converted to Steps**

### 1. Introduce participants to America On the Move

- America On the Move is a national initiative dedicated to helping individuals and communities across our nation make positive changes to improve health and quality of life. By focusing on individuals and communities AOM strives to support healthy eating and active living habits in our society.
- The message is simple: move more and eat less by making 2 small daily changes - Take 2000 more steps/day over baseline (about 1 mile) and eat 100 fewer calories/day (by eating smarter).

### 2. Explain to participants how measuring steps can make you healthier.

- Being more active has been shown to decrease the risk of getting many major diseases, such as heart disease and diabetes.
- The average American adult is gaining 1-3 pounds each year. Being more active can help to prevent this.
- Walking is a daily activity that most people do. It is a good way to increase physical activity that is not physically difficult, does not take a lot of extra time or special equipment, and is very low cost or even free.

### 3. Explain to participants how eating smarter/ 100 fewer calories/day can benefit their overall health.

- Eating smarter (healthier) prevents the development and complications of such conditions and diseases as type 2 diabetes, hypertension, cancer and osteoporosis.
- Prevents gaining weight.

### 4. Distribute and explain the use of the step counter.

- A step counter measures every step you take.
- Refer to handout. Make sure it is positioned correctly to ensure accuracy.

### 5. Recording steps taken using the Step Log in AOM Brochure

- Instruct participants to wear their step counter for a minimum of 3 days in a row (preferably for 1 week), with at least one of the days being a day off (e.g., weekend, day off work).
  - Put step counter on after getting dressed in the morning and wear it all day long.
  - Be sure to reset step counter at the beginning of each day.
  - Record the number of steps taken at the end of each day using the log in the AOM Brochure.
  - Calculation of baseline steps: (Refer to AOM Brochure) Add your steps from each day together and divide by the number of days you recorded to find your baseline.
  - The average American takes 5500 steps/day

#### **Educator: Show how to wear the step counter.**

- Clip your step counter to your waistband or belt, directly above your knee.
- Be sure it is vertical, not angled or dangling from your clothing.
- Have each participant put on his or her step counter and test for accuracy by setting the step counter to zero and then walking 50 steps.
- Check the display. If the reading is between 45-55, the step counter is functioning properly. If it reads more or less, reposition the counter on your waist and check again. Other positioning options: on the side of hips (this may work better with very obese), or if unable to clip to outer clothing, can clip to underwear.
- When participants have determined the proper step counter position, they are ready to begin tracking their steps.

**Educator: Show example of baseline calculation in AOM Brochure.**

- Participants should try to do their usual activity rather than adding to their usual routine while determining baseline.



## ONE-TIME ONLY SESSION - S.V. - CONTINUED

### 6. Setting personal goals for moving more and eating less:

- Participants should try to increase the number of daily steps by 2000 over the baseline; and eat 100 fewer calories from their daily intake.
  - Every person is starting from a different point (personal baseline).
  - The 2000 step increase can be accomplished over several weeks.
  - Remember that any increase, no matter how small, is a step in the right direction.
  - Choose ways that will work for you for eating 100 fewer calories

### 7. Tracking progress

- Keeping a record of the number of steps you take is a great way to see the progress you make.
- Participants can track their progress in many ways:
  - Chart in AOM Brochure
  - Online at [www.americaonthemove.org](http://www.americaonthemove.org)
  - Calendar you already use, chart you make up, etc.
  - Get a Step Counter also known as a Pedometer

## ADDITIONAL INFORMATION:

### Special populations/Special situations

*Is important to consider special needs of participants, including:*

- Participants with mobility problems – assure participants that any activity can be converted into steps.
- Participant can't write or read – Make sure you or someone from the group can assist him/her in any activity that includes writing. Read aloud the forms/tips you are referring to. If time allows, spend a few minutes with the participant after class to go over the main points.
- Language barrier- if participant's primarily language is other than English or Spanish, plan to have a translator available.
- Seniors- make sure you mention special considerations when starting any physical activity: Remind participants if they have any specific health concerns, to check with their healthcare professional before starting the AOM program.

### Activity Ideas

- During check-in have participants get up and walk in place for a few minutes while sharing success and barriers to achieving goals.
- If class has a "break" and weather permits it, take participants for a short walk.
- If class does not include a nutrition segment and facility permits it – bring healthy snacks to share during class; e.g., cut up vegetables or fruit.

### Step Counters:

Additional step counters may be purchased on line,  
[www.americaonthemove.org](http://www.americaonthemove.org)  
 or at sporting goods stores.





## 7 EVALUATION:

Evaluation is a very important component. The Class Information forms should be completed for both long version and short version classes. Class Information forms and instructions are included in the Educational Materials for Reproduction section in this guide.

### **If the class is conducted in more than two sessions:**

Use Data Collection (**LONG VERSION**) – for participant to complete in Week Two and to record their last three days of steps the last week of the class.

#### **This form contains:**

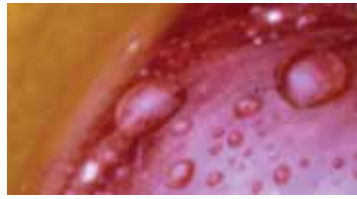
**Name, Date & Location of class**  
**Name of participant**  
**Gender, Age, Ethnicity**  
**Average steps-first three days baseline**  
**Average steps-last three days**  
**Zip Code**

### **Evaluation using the online USDA extension database**

- Created specifically for Extension county agents and educators to collect and retrieve participant data
- Format is based on the forms (short and long versions) provided in this Guide
- Features include collection, storage, and retrieval of participant information at the county and state level
- Available to educators and agents working in extension-based walking and physical activity programs in states supporting the database partnership. To find out if your county or state is participating, contact your Family and Consumer Program director or leader. For database partnership information, contact Shirley Gerrior at [sgerrior@csrees.usda.gov](mailto:sgerrior@csrees.usda.gov).

### **If the class is conducted is a “one time only” session:**

No data collection or online entry is required.



## 8 EDUCATIONAL MATERIALS FOR REPRODUCTION (ENGLISH):

- 100 Ways to Increase Steps 2 PAGES
- 100 Ways to Decrease 100 Calories 2 PAGES
- Data Collection forms – Short Version 1 PAGE
- Data Collection forms – Long Version 1 PAGE
- Activity Converter to Steps 1 PAGE
- How to buy a step counter 1 PAGE

## EDUCATIONAL MATERIALS FOR REPRODUCTION (SPANISH):

- 100 Ways to Increase Steps - 100 Maneras de Aumentar 2000 Pasos a su Día
- 100 Ways to Decrease 100 Calories - 100 Maneras de Comer 100 Calorías Menos Por Día
- Data Collection forms – Short Version
- Data Collection forms – Long Version
- Activity Converter to Steps – Tabla de Conversión de Actividades en Pasos de AOM
- How to buy a step counter – Como Comprar un Cuenta Pasos

## TRACKING OF PARTICIPANT INFORMATION USING THE ONLINE USDA EXTENSION DATABASE:

- Created specifically for extension county agents and educators to collect and retrieve participant data
- Format is based on the forms (short and long versions) provided in this Guide
- Features include collection, storage, and retrieval of participant information at the county and state level
- Available to educators and agents working in extension-based walking and physical activity programs in states supporting the database partnership. To find out if your county or state is participating, contact your Family and Consumer Program director or leader. For database partnership information, contact Shirley Gerrior at [sgerrior@csrees.usda.gov](mailto:sgerrior@csrees.usda.gov).



## WAYS TO ADD 2000 Steps\*

It's not just what we eat that's important, but how we use the calories we consume. As long as you're active enough to balance the calories you eat with the calories you burn in physical activity, you can enjoy an occasional treat and still avoid weight gain.

By walking an extra 2000 steps and reducing 100 calories each day you'll

see how easy it is to achieve the energy balance that can stop weight gain. Small changes in your daily activity will quickly add up to 2000 extra steps or more! Find ways to add steps at home, at work, and at play with this list of ideas.

\*No one tip, by itself, will equal 2000 steps, but selecting a few of your favorites each day will get you well on your way!

### AT HOME

Household chores, neighborhood walks, and errands are great opportunities for adding steps. Try these ideas for increasing your walking:

- 1 Circle around the block once when you go outside to get your mail
- 2 Walk around the outside aisles of the grocery store before shopping
- 3 Drive or walk to a nearby high school and go around the track: 4 laps equals approximately 2000 steps
- 4 Make several trips up and down the stairs to do laundry or other household chores
- 5 Pass by the drive-thru window and walk into the bank or restaurant
- 6 Stroll the halls while waiting for your doctor's appointment
- 7 Listen to music or books on tape while walking
- 8 Invite friends or family members to join you for a walk
- 9 Mow the lawn
- 10 Accompany your children on their walk to school
- 11 Take your dog for a walk
- 12 Start a walking club in your community
- 13 Walk to a nearby store, post office, or dry cleaners to accomplish errands
- 14 Catch up on the day's events with your spouse and children on an after-dinner walk
- 15 Walk to your place of worship for services
- 16 Pace around your house while talking on the phone

**17** Buy a walking video so you can get in your steps on rainy days

**18** Experience the splendor of a sunrise on an early morning walk

**19** Spur your imagination by observing your neighbor's landscaping and gardens while you walk — incorporate ideas from your favorites in your own yard

**20** Walk to a friend's house for a visit

**21** Try "retro walking"; walking backwards distributes your weight more evenly (be sure you're in a safe area and are aware of your surroundings)

**22** Focus on walking distance over speed, it's better to get in more steps at a comfortable pace than to burn out quickly

**23** Keep a walking journal, in addition to tracking steps, jot down how you feel after returning from a walk - enhanced energy is a great motivator

**24** Walk on a treadmill on rainy days or when it's too dark to walk outside

**25** March in place while watching your favorite TV show

**26** Put your grocery cart back in the store after you unload purchases

**27** Boost the results of your walk by using trekking poles

**28** Benefit a good cause by joining a charity walk

**29** Sleep more soundly at night by taking a walk a few hours before you go to bed

### AT WORK

Adding steps to your workday can help you reduce stress and stay alert. Try these ideas:

**30** Go for a walk before starting your morning commute, you'll energize yourself for the day

**31** Exit the bus 1 or 2 stops early and walk the remainder of the way

**32** Walk to work if you live close enough

**33** Refill your coffee cup at the machine farthest from your workstation

**34** Visit the restroom on the far side of the building

**35** Hold a meeting while you go for a walk

**36** Designate 10 minutes of your lunchbreak to a quick walk

**37** Avoid elevators and escalators: take the stairs instead

**38** Park in the far reaches of the parking lot

**39** Escape the stress of a difficult day by excusing yourself for a few minutes of walking

**40** Walk to a nearby store to buy a treat for your co-workers

**41** Start an office walking club

**42** Ask co-workers to join you on a before or after work walk

**43** Walk to co-workers desks to speak to them instead of sending an email

**44** Create a step competition with fellow employees — see who can get the most steps in a day

**45** Encourage your co-workers to join you on walks during breaks



**46** Climb the stairs or stroll the sidewalks for a few minutes at the end of your shift

**47** Shake off the effects of your evening commute by walking before dinner

**48** Walk around the campus of a nearby university or college

**AT PLAY**  
Whether your leisure time is specifically for physical activity or not, there are plenty of ways to add more steps. Try these ideas:

**49** Window shop while you pace through a shopping mall

**50** Take the long route when browsing at a shopping center — don't visit the stores sequentially

**51** Join a water walking class, the natural resistance of the water strengthens muscles

**52** Tour a museum, zoo, or nature preserve

**53** Circle around a swap meet or craft show before selecting your purchases

**54** Strap a length of masking tape around your child's waist (sticky side out) so they can gather pretty leaves during the spring, summer, and fall

**55** Vary your pace when walking, start out slowly then increase your speed, include short bursts of speed walking, then cool down with a slower pace at the end of your walk

**56** Sign up for a community 5K or 10K walking/running event

**57** Hike on a wilderness trail

**58** Take up photography — walk through a scenic location on a hunt for photo opportunities

**59** Drive to a new walking trail and explore the different scenery

**60** Contact your local visitor's bureau or historical society and sign up for a walking tour

**61** Volunteer to walk dogs for an animal shelter

**62** Organize a community clean-up day and designate areas of the neighborhood for teams to walk through and remove debris as they go

**63** Meet a Friend at a Restaurant you can walk to

**64** Seek out bargains by walking through your neighborhood looking for garage/yard sales

**65** Explore nature by keeping a field guide handy when walking

**66** Skim the newspaper for upcoming events you can walk to such as a garden tour, high school play, or a concert in the park

**67** Walk around the restaurant or parking lot while waiting to be seated

**68** Drive to a neighboring community and tour its main street on foot

**69** Watch for birds while walking; especially during the fall migration

**70** Take a step aerobics class

**71** Spend a day at the beach and walk the shoreline

**72** Take a class in judo or karate

**73** Reward yourself for step accomplishments — for example, every time you reach your step goal for the day put a dollar in a jar and save for a special reward

**74** Get lost in a corn maze (many are set up during autumn)

**75** Entice your kids to join you by turning a walk into a scavenger hunt

**76** Stroll around the field while watching your child's sporting event

**77** Play a round of golf but pass on the cart

**78** Instead of talking on the phone with a friend, meet for a walk and talk

**79** Walk with your kids to the local park.

**80** Sign up for a water aerobics class

**82** Play America's favorite pastime — baseball

**83** Hit the tennis courts

**84** Dance the night away at a club

**85** Don't forget the household activities, such as scrubbing floors and vacuuming

**86** Paddle away calories on a raft, kayak, or canoe trip

**87** Tour a local trail by bike

**88** Ice skate at a local ice rink

**89** Try in-line skating through your neighborhood

**90** Swoosh down the slopes try downhill skiing

**91** Weed, hoe, rake, and prune—gardening is an everyday way to be more active

**92** Snowshoe over hills and drifts in the colder months

**93** Enjoy the calm of nature while crosscountry skiing on a trail

**94** Swim laps in a pool — vary your stroke for the best results

**95** Dive into a lake, river, or ocean for some summertime fun

**96** Join a Tai Chi or Yoga class for flexibility and relaxation

**97** Sign up for an aerobics session

**98** Water-ski over the waves

**99** Reverse your walking routine — start in the direction where you usually end

**100** Ride your bike to accomplish errands such as going to the library or depositing your paycheck

## VARIETY IS THE SPICE OF LIFE

Other activities can count toward your daily steps. Here are some ideas for adding "steps" through minutes spent in other physical activities:

**81** Join a beach or indoor volleyball team or softball

# 100

## WAYS TO CUT 100 Calories\*

Maintaining a healthy weight depends on achieving energy balance. This is accomplished by balancing the amount of energy burned and food consumed in your day.

To stop weight gain, most Americans need to do just two simple things:

- Add 2000 more steps each day
- Eat 100 fewer calories daily

Small changes in the types of foods you eat and in the portion sizes you choose will quickly add up to 100 reduced calories, or even more! Just make small changes each day and you'll see how easy it can be to achieve energy balance.

\*No one tip, by itself, will equal 100 calories exactly, but selecting a few of your favorites each day will get you well on your way!

### BREAKFAST

Give your day a healthy start with these breakfast tips:

- 1** Select nonfat or 1% milk instead of whole milk
- 2** Use a small glass for your juice and a small bowl for your cereal
- 3** Savor a bowl of bananas, berries, low-fat milk, and sugar substitute instead of a sweet roll
- 4** Choose light yogurt made with no-calorie sweetener
- 5** Split a bagel with someone, or wrap up the other half for tomorrow's breakfast
- 6** Substitute a no-calorie sweetener for sugar in your coffee, tea, and cereal
- 7** Use a nonstick skillet and cooking spray in place of butter or margarine to prepare your eggs
- 8** Spread your muffin, bagel, or toast with 2 tablespoons of fat-free cream cheese in place of regular cream cheese
- 9** Substitute no-sugar-added jelly or jam for the sugar-rich varieties
- 10** Select lean ham or Canadian bacon in place of regular sausage or bacon
- 11** Fill your omelet with onions, peppers, spinach, and mushrooms instead of cheese and meat
- 12** Lighten up your omelet, frittata, or scrambled eggs by using 4 egg whites or 1/2 cup egg substitute
- 13** Make your sandwich with light, whole-wheat bread

- 14** Customize spaghetti sauce with fresh zucchini, green peppers, mushrooms, and onions instead of adding meat

### LUNCH / DINNER

Try these ideas for lighter lunches and downsized dinners:

- 15** Put lettuce, tomato, onions, and pickles on your burger or sandwich instead of cheese
- 16** Prepare tuna or chicken salad with fat-free mayonnaise
- 17** Grill your sandwich using nonstick cooking spray instead of butter
- 18** Stuff a pita pocket with more fresh vegetables, less meat and cheese
- 19** Pick water-packed tuna instead of tuna packed in oil
- 20** Select a portion-controlled frozen entrée in place of a burger and fries
- 21** Trade regular butter for light whipped or low-calorie butter substitute
- 22** Make a pizza with half the cheese
- 23** Select soft taco size (6-8 inch) flour tortillas instead of the larger burrito size
- 24** Substitute fat-free sour cream in recipes
- 25** Choose 1% cottage cheese in place of regular
- 26** Skim the fat off soups, stews, and sauces before serving
- 27** Leave 3-4 bites on your plate
- 28** Substitute 2 tablespoons reduced-calorie salad dressing for regular
- 29** Choose a low calorie frozen grilled sandwich or panini to replace a butter-rich grilled cheese
- 30** Trim all fat from beef, pork, and chicken
- 31** Enjoy your salad without the croutons
- 32** Bake, broil, or grill chicken and fish rather than frying
- 33** Choose 3-4 ounce meat portions (the size of a deck of cards)
- 34** Remove the skin from chicken
- 35** Reduce cooked rice and pasta by 1/2 cup
- 36** Grill portabella mushrooms as a main or side dish in place of meat
- 37** Use 1 tablespoon less butter, margarine, or oil in your recipe
- 38** Reduce the amount of cheese in casseroles and appetizers
- 39** Season steamed vegetables with fresh lemon and herbs instead of butter
- 40** Use vegetable cooking spray and nonstick cookware instead of butter, margarine, or oil when stovetop cooking
- 41** Omit or use half the amount of butter, margarine, or oil called for in macaroni and cheese, rice, pasta, and stuffing
- 42** Eat slowly to make your meal last and reduce your urge for second helpings
- 43** Satisfy your sweet tooth with a sliver, bite, or taste of dessert instead of a full portion

## DESSERTS

**You don't have to eliminate desserts to cut 100 daily calories... instead, try these ideas:**

**44** Make your own root beer float with sugarfree root beer and sugar-free, fatfree ice cream

**45** Freeze blended fresh fruit into a sorbet for a refreshing dessert

**46** Leave the cone at the counter; have a single dip ice cream scoop in a cup

**47** Choose your piece of sheet cake from the middle, where there's less icing

**48** Top angel food cake with berries instead of icing or chocolate sauce

**49** Cut a half slice of cake or pie

**50** Dish up slow-churned reduced calorie ice cream in place of regular ice cream

**51** Enjoy a dish of fresh fruit in season instead of custard or pudding

**52** Choose apple, peach or blueberry over pecan or cream pie

**53** Follow the low fat directions when preparing brownie, cake, and cookie mixes

**54** Share your dessert with someone else

**55** Select a cupcake rather than a standard slice of cake

**56** Substitute half the oil in a recipe with applesauce when baking

## BEVERAGES

**Try these lower calorie thirst quenchers:**

**57** Substitute diet soda for regular soda

**58** Pay attention to serving sizes, some cans and bottles contain 2 or moreservings

**59** Prepare hot chocolate and instant breakfast drinks with skim milk instead of whole milk

**60** Quench your thirst with bottled water or diet iced tea instead of soda from the vending machine

**61** Opt for the small or medium drink instead of large

**62** Add lemon juice to ice cubes to flavor your water

**63** Have 1 cup of low-fat (1%) chocolate milk instead of whole milk with chocolate syrup

**64** Replace just 8 ounces of soft drink, fruit juice, or fruit beverage with water

**65** Drink light beer — limit yourself to 1 or 2 — instead of regular

**66** Request diet mixers (cola, tonic water, ginger ale)

**67** Choose no sugar added fruit Juices

**68** Choose light beer or wine instead of frozen or fruit-based alcoholic drinks

**69** Lighten up your favorite coffee drink by requesting nonfat milk and using half the sugar or flavored syrup

## SNACKS

**Curb your hunger with these healthy snack ideas:**

**70** Freeze grapes or watermelon wedges for a popsicle-like treat

**71** Blend a smoothie made from no fat yogurt, skim milk and fresh fruit instead of ice cream

**72** Choose 4 ounces of sugar-free yogurt in place of an 8 ounce container

**73** Control your portions by pouring an individual serving of pretzels or chips into a bowl instead of eating from the bag

**74** Try raw vegetables instead of tortilla chips with salsa

**75** Try baked chips in place of the regular variety

**76** Enjoy canned fruit packed in water or its natural juice instead of heavy syrup

**77** Pick a small piece of fruit (apple, peach, orange) the size of a tennis ball, or eat just half of a bigger piece of fruit

**78** Replace cookies with cubed and whole fresh fruit kebobs

**79** Be dip savvy: Dip apples in low-fat caramel, celery in fat-free cream cheese, carrots in fat-free ranch dressing and fruit in yogurt

**80** Try 1/2 cup fresh fruit in place of 1/2 cup dried fruit

**81** Eat just 1 of the granola/snack bars in the package and share the other or save it for later

**82** Have 1 less handful of mixed nuts

**83** Satisfy your chocolate craving by opting for 1 small "fun size" candy bar

## DINING OUT

**Whether you're whipping through the drivethru or going out for a special occasion, try these ideas for cutting calories when dining out:**

**84** Munch on a small bag of microwave popcorn with no added butter

**85** In place of a chocolate bar select a sugar-free, fat-free chocolate pudding

**86** Ask for the bread basket to be removed from the table as you sit down

**87** Ask for a cup of soup rather than a bowl

**88** Select minestrone or other brothbased soups over cream-based soups

**89** Skip the super-size promotions

**90** Order a vinaigrette dressing rather than a mayonnaisebased dressing

**91** Ask for croutons to be removed from your salad

**92** Try a low calorie frozen pizza instead of your usual take-out

**93** Substitute steamed vegetables for the potato, rice, or pasta side dish

**94** Select an appetizer as your main dish; add soup, salad, or vegetable side dish

**95** Skip the free chips with your sandwich or sub order

**96** Ask for a half-portion or don't eat everything on your plate

**97** Use fresh lemon to season fish instead of tartar sauce

**98** Choose a side salad instead of fries when ordering fast food

**99** Select grilled chicken in place of breaded and fried

**100** Ask for sauce and salad dressing on the side; eat enough to enjoy the flavor, but leave most of it behind



## DATA COLLECTION - LONG VERSION

### Participant's information

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

Class Name: \_\_\_\_\_ Location: \_\_\_\_\_

Your Name: \_\_\_\_\_  
First Name Last Name (Initial)

Gender: Male \_\_\_\_\_ Female \_\_\_\_\_

Age range, please check one: under 18 \_\_\_\_\_ 18-25 \_\_\_\_\_, 26-35 \_\_\_\_\_, 36-45 \_\_\_\_\_, 46-55 \_\_\_\_\_, 56-65 \_\_\_\_\_, 66-75 \_\_\_\_\_, 76-85 \_\_\_\_\_, >85 \_\_\_\_\_.

Ethnicity: White \_\_\_\_\_, non Hispanic \_\_\_\_\_, Black \_\_\_\_\_, Hispanic \_\_\_\_\_, American Indian \_\_\_\_\_, Asian \_\_\_\_\_, Multi-Race \_\_\_\_\_.

Steps first three days (baseline): \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ Steps last 3 days: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Zip Code: \_\_\_\_\_

### Información del participante

Fecha: \_\_\_\_\_

Nombre de la clase: \_\_\_\_\_ Local: \_\_\_\_\_

Su nombre: \_\_\_\_\_

Genero: Masculino \_\_\_\_\_ Femenino \_\_\_\_\_

Rango de edad, por favor marque solamente uno: menor de 18 \_\_\_\_\_ 18-25 \_\_\_\_\_, 26-35 \_\_\_\_\_, 36-45 \_\_\_\_\_, 46-55 \_\_\_\_\_, 56-65 \_\_\_\_\_, 66-75 \_\_\_\_\_, 76-85 \_\_\_\_\_, mas de 85 \_\_\_\_\_.





Grupo étnico o raza: Blanca \_\_\_\_\_, no Hispánica \_\_\_\_\_, Negra \_\_\_\_\_, Hispánica/Latina \_\_\_\_\_, India Americana \_\_\_\_\_, Asiática \_\_\_\_\_, Raza Múltiple \_\_\_\_\_.

Pasos de los tres primeros días: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ Pasos de los tres últimos días: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

Código Postal: \_\_\_\_\_

## ACTIVITY CONVERTED TO STEPS

# Adults

ACTIVITY	STEP PER MINUTE:			ACTIVITY	STEP PER MINUTE:		
Aerobic dancing (low impact)	142	127		Jumping Rope (slow)	212	199	
Aerobics (high impact)	189	181		Jumping Rope (moderate)	260	254	
Aerobics step 6-8 inch step	236	218		Jumping Rope (fast)	330	290	
Aerobics step 10-12 inch step	260	254		Kick Boxing (moderate)	330	290	
Backpacking on hill with under 10 lb load	189	181		Kick Boxing (vigorous)	401	363	
Backpacking on hill with 10 lb - 20 lb load	212	199		Kick Boxing (very vigorous)	472	435	
Ballet Dancing	118	127		Mowing	142	127	
Baseball	142	127		Pilates	94	91	
Basketball (leisurely, non-game)	165	127		Racquetball (casual)	189	181	
Basketball (game)	212	145		Racquetball (competitive)	260	254	
Basketball (playing in wheelchair)	165	163		Rowing	189	181	
Bicycling	212	199		Running 08 mph (7.5 min/mile)	354	326	
Bicycling (BMX or mountain)	236	218		Running 10 mph (6 min/mile)	425	399	
Bicycling - Stationary -general	189	181		Scrubbing floors	94	91	
Bicycling - Stationary -light	142	145		Shoveling Snow	165	145	
Bicycling - Stationary -moderate	189	181		Skiing Cross-country	212	181	
Bicycling - Stationary -vigorous	283	254		Skiing Downhill (moderate to steep)	165	145	
Bowling	71	73		Snowshoeing	212	199	
Canoeing	94	91		Soccer (casual)	189	181	
Chopping Wood	165	145		Soccer (competitive)	260	254	
Circuit Training (general)	212	199		Stair climber machine	236	218	
Dancing ballroom (slow )	71	73		Stair climbing - down stairs	71	73	
Dancing ballroom (fast)	118	109		Stair climbing - up stairs	212	199	
Dancing Country	118	109		Swimming backstroke	189	181	
Dancing Disco	118	109		Swimming breaststroke	260	254	
Dancing Line	118	109		Swimming butterfly	283	272	
Dancing Square	118	109		Swimming freestyle	189	181	
Dancing Swing	118	109		Swimming pleasure	165	145	
Elliptical Jogger (medium)	236	218		Swimming sidestroke	212	199	
Football Tackle	236	218		Tennis (doubles)	165	145	
Football Touch/Flag	212	199		Tennis (singles)	212	199	
Gardening, (heavy)	142	145		Vacuuming	94	73	
Gardening, (moderate)	118	109		Volleyball	118	91	
Golf (general)	118	109		Walking	94	91	
Golfing (riding in cart)	94	91		Washing the car	71	73	
Horseshoes	71	73		Waterskiing	165	145	
Ice Skating (leisurely)	189	181		Waxing the car	118	109	
In-line skating	200	190		Weight lifting	71	73	
Jogging (general)	189	181		Wrestling	165	145	
Jogging (in water)	212	199		Yoga	71	54	
Judo and Karate	260	254					

### QUICK TIPS: USING A STEP COUNTER

Your step counter measures every step you take. Take a moment to ensure accuracy by following these suggestions.

1. Clip your step counter to your waist band or belt, directly above your knee.
2. Be sure it is horizontal to the ground, not angled or dangling from your clothing
3. Test for accuracy by setting the step counter to 0 and walking 50 steps.
4. Check the display. If the reading is between 45-55, your step counter is functioning properly. If it reads more or less, reposition the counter on your waist and check it again.



## GUIDE TO BUYING A QUALITY STEP COUNTER

Step Counters, also known as pedometers, are a good tool for participants:

1. to **find out** about their current activity
2. to **get started** with monitoring and increasing physical activity
3. to **set personal goals**
4. to **motivate and remind** themselves to increase and/or maintain increased activity

### What is a “good” step counter?

What should be considered when you decide to buy one?

People who have participated in the America On the Move program report that step counters need to be:

- accurate
- durable
- reliable
- easy to use

### Effective step counters have to be:

- Simple - no need for individual calibration or added features; a single button is best!
- Inexpensive - the price of a good quality step counter can vary between \$10 and \$30. Occasionally, there are reviews of current step counter models in consumer journals or online.
- Secure - step counters can and do fall off! Buying one with a “leash” for additional fastening to clothing will suffice.

### People need to have hands-on training in how to use a step counter, so be prepared to answer the following questions:

- How and where to put the step counter and placement to ensure a truly vertical position.
- How to know if it is correctly measuring steps through time.
- Alternative accurate placement locations for overweight people or people with clothing constraints (such as dresses or waistlines that are already “full” of other work-related items such as cell phones, or beepers).
- For seniors, it is wise to purchase step counters with a larger face and easy-to-read numbers.

*America On the Move step counters can be purchased at [www.americaonthemove.org](http://www.americaonthemove.org). Please note, America On the Move does not recommend one model over another.*

# 100

## 100 MANERAS DE AUMENTAR 2000 Pasos a su día\*

No es solamente lo que comemos lo que es importante, pero como usamos las calorías que consumimos. Mientras que usted se mantenga lo suficientemente activo(a) para balancear las calorías que usted come con las calorías que usted quema en actividades físicas. Ocasionalmente usted puede gozar de una comida deleitosa y aun así evitar el ganar de peso.

100 calorías menos por día usted vera que tan fácil es lograr el balance de energía que puede parar el ganar de peso. ¡Pequeños cambios en su actividad diaria rápidamente aumenta a 2000 pasos extra o más! Encuentre maneras de aumentar pasos en casa, el trabajo, y en diversiones con esta lista de ideas.

\* ¡Ninguna de estas sugerencias suman a 2000 paso, pero seleccionando algunas de sus favoritas cada día, le pondrá en el camino!

Al caminar 2000 pasos mas y comer

### EN CASA

Quehaceres del hogar, caminatas en el vecindario, y mandados, son grandes oportunidades para aumentar pasos. Pruebe estas ideas para aumentar el caminar.

- 1 Dé la vuelta a su cuadra cuando vaya a recoger su correo
- 2 Camine por los pasillos del supermercado antes de hacer sus compras
- 3 Maneje o camine a la escuela cerca de usted y camine alrededor de la pista. 4 vueltas equivale aproximadamente a 2000 pasos
- 4 Haga varios viajes en las escaleras cuando lave la ropa u otros quehaceres del hogar
- 5 En lugar de manejar por la ventanilla del restaurante o banco, camine
- 6 Pasee los corredores de la clínica mientras espera por el doctor
- 7 Escuche música o libros en cassette mientras camina
- 8 Invite a amigos o familiares a que le acompañen a caminar
- 9 Corte la grama
- 10 Acompañe a su niño(a) en camino a la escuela
- 11 Saque a su perro a caminar
- 12 Comience un club de caminata en su comunidad
- 13 Camine a la tienda cercana, correo, o lavandería
- 14 Póngase al día con su esposo(a) e hijos con una caminata después de la cena
- 15 Camine a su iglesia
- 16 Paséese por su casa mientras habla por teléfono
- 17 Compre un video de caminar, así puede aumentar sus pasos en los días de lluvia

**18** Experiencie el esplendor del amanecer con una caminata por la mañana

**19** Despierte su imaginación observando los jardines de sus vecinos mientras camina, así puede incorporar ideas para su propio jardín

**20** Camine a la casa de su amigo(a) para visitarle

**21** Pruebe "caminar de retroceso" distribuyendo su peso mas igualmente (asegúrese de que no haya peligro y manténgase alerta de sus alrededores)

**22** Enfóquese en la distancia y no la rapidez en que camina. Es mejor aumentar más pasos a un paso confortable que quemar energía rápido

**23** Mantenga una libreta de notas de progreso de sus pasos. Escriba como se siente después de caminar – El tener mas energía es de gran motivación

**24** Camine en una maquina de caminar en días de lluvia o cuando es muy oscuro afuera

**25** Mientras ve la televisión, levántese y camine en un solo lugar

**26** Lleve la carrito del supermercado de regreso a la tienda después de haber puesto sus comprados en el su carro

**27** Use palos de caminar para moverse mas

**28** Únase a una caminata de obra benéfica

**29** Duerma mejor por la noche al caminar unas horas antes de irse a la cama

### EN EL TRABAJO

El aumentar pasos en su trabajo puede ayudarle a reducir la tensión y mantenerse alerta(a).

Pruebe estas ideas:

- 30 Tome una caminata antes de comenzar su día en el carro, esto le ayudara a energizarse
- 31 Bájese del autobús 1 o 2 paradas antes y camine el resto del camino
- 32 Camine a su trabajo si usted vive cerca
- 33 Llene su taza de café en la maquina mas lejos de su área de trabajo
- 34 Vaya al baño mas lejos del edificio
- 35 Tenga sus reuniones mientras van a caminar
- 36 Designe 10 minutos de su recreo del almuerzo y camine
- 37 Evites los elevadores y escaleras electrónicas y suba las gradas o escaleras
- 38 Estacione su carro en el lugar mas lejos del estacionamiento
- 39 Escape la tensión de un día difícil, y salga a caminar por unos minutos
- 40 Camine a la tienda cercana y compre algo para sus compañeros de trabajo
- 41 Comience un club de caminar en el trabajo
- 42 Pídale a sus compañeros que le acompañen a caminar antes o después del trabajo
- 43 Camine al escritorio de sus compañeros en lugar de enviarles un correo electrónico
- 44 Haga una competencia entre sus compañeros, par ver quien obtiene mas pasos en un día
- 45 Anime a sus compañeros a que le acompañen a caminar durante los recreos



- 46** Suba las escaleras o camine las aceras por unos minutos al final del día
- 47** Calme la tensión de un día con tráfico al caminar antes de la cena
- 48** Camine alrededor de un colegio o universidad
- DIVIRTIÉNDOSE**  
Ya sea que su tiempo de diversión sea o no específicamente para actividades físicas, hay muchas maneras para aumentar pasos. Pruebe estas ideas:
- 49** Ventaneeo mientras camina en el Centro Comercial
- 50** Tome el camino largo cuando vaya de compras, no pare en las tiendas seguidas
- 51** Únase a una clase de caminar en el agua, la resistencia natural del agua, le fortalece sus músculos
- 52** Tome una caminata al museo, zoológico, o museo natural
- 53** Camine al rededor de el Mercado de Pulgas antes de hacer sus compras
- 54** Póngale a su niño(a) una cinta adhesiva en el cinturón (con la pega hacia fuera) para que recoja bonitas hojas durante la primavera, verano u otoño
- 55** Varíe la rapidez de sus pasos; comience despacio, aumente la rapidez y comience a relajarse caminando despacio al final de su camino
- 56** Regístrese a un evento de caminatas de 5 a 10 kilómetros en su comunidad
- 57** Tome una caminata a la montaña
- 58** Salga a tomar fotos en un lugar con paisajes
- 59** Vaya a una senda de caminatas y explore diferentes paisajes
- 60** Póngase en contacto con la Sociedad Histórica de su comunidad y regístrese a una excursión
- 61** Sea voluntaria del centro de animales y saque los perros a caminar
- 62** Organice un día de limpieza en su vecindario, y asigne equipos que caminen a recoger basura en el vecindario
- 63** Camine a un restaurante para visitar con un amigo(a)
- 64** Busque "gangas" en ventas en la calle (Garage sales)
- 65** Explore la naturaleza, y mantenga un mapa del lugar consigo
- 66** Busque en el periódico por eventos que incluyan caminar, como una obra teatral en la escuela, o concierto en el parque
- 67** Camine alrededor del estacionamiento del restaurante, mientras espera que le sienten
- 68** Visite un vecindario o ciudad cerca y camine en la calle principal
- 69** Mire a los pájaros migrar mientras camina en el otoño
- 70** Regístrese a una clase de aeróbicos
- 71** Pase el día en la playa, y camine a la orilla de la playa
- 72** Regístrese a una clase de karate o artes marciales
- 73** Obséquiese un regalo por los pasos aumentados, por ejemplo: cada vez que alcance su meta de pasos cada día, ponga un dólar en un bote y guárdelos para un regalo especial
- 74** En el otoño, visite un laberinto de plantas de maíz (maizal)
- 75** Anime a sus niños a que le acompañen a caminar, invente un juego de búsqueda de tesoros
- 76** Camine alrededor de un estadio o parque mientras ve a sus niños jugar
- 77** Camine alrededor de un parque de golf
- 78** En lugar de hablar por teléfono con un amigo, vayan a caminar mientras conversan
- 79** Camine con sus niños al parque local
- 80** Regístrese a una clase de aeróbicos acuáticos
- 82** Juegue su deporte favorito como fútbol
- 83** Juegue un deporte de pelota
- 84** Vaya una noche a bailar
- 85** No se olvide de los quehaceres del hogar, como trapear y aspirar
- 86** Durante la temporada de navidad, camine con su familia a ver las casas adornadas
- 87** Use su bicicleta en el parque, o en caminos especiales para bicicletas
- 88** Pídale a sus familiares de edad mayor a que le acompañen a una caminata corta
- 89** Si tiene escaleras en su casa, súbalas y bájelas varias veces durante el día
- 90** Si tiene niños chiquitos, sáquelos a pasear en el cochecito
- 91** Trabaje en su jardín todos los días para estar mas activo(a), limpie, corte los arbustos, quite la mala hierba
- 92** Aproveche los "festivales" de su comunidad, y camine a disfrutar de las diversiones
- 93** En los parques de diversiones, camine primero alrededor para ver que atracciones hay
- 94** Vaya a un parque con piscina y nade
- 95** Vaya a un río o lago, nade y diviértase
- 96** Si va a la playa, tome una caminata sobre la arena
- 97** Disfrute con su familia de un "Picnic" en el parque, pero caminen por el parque antes de servir la comida
- 98** En casa, use el tiempo libre y baile con su familia
- 99** Camine por los pasillos de la biblioteca antes de escoger su libro favorito
- 100** Use su bicicleta para ir a la biblioteca o banco
- LA VARIEDAD ES EL CONDIMENTO DE LA VIDA**  
Otras actividades pueden contar hacia sus pasos diarios. Aquí hay algunas ideas para aumentar "pasos" en minutos usados en otras actividades físicas:
- 81** Únase a un equipo de juego como "volley ball"



## MANERAS DE COMER 100 calorías menos por día\*

El mantener un peso saludable depende en obtener un balance de energía. Esto es logrado al balancear la cantidad de energía gastada y la comida consumida en su día.

Para no aumentar de peso, la mayoría de las personas necesitan hacer solamente dos cosas simples:  
- Aumentar 2000 pasos mas cada día  
- Comer 100 calorías menos por día

¡Pequeños cambios en los tipos de alimentos que usted come y la cantidad de porciones que usted escoge van rápidamente a reducir 100 calorías o más!

Simplemente haga estos pequeños cambios cada día y vera que tan fácil es lograr un balance de energía.

\* ¡Estas sugerencias no equivalen exactamente a 100 calorías, pero al seleccionar pocas de estas cada día le ayudara a ponerlo(a) en camino!

### DESAYUNO

Déle a su día un comienzo saludable con estas sugerencias para el desayuno:

- 1** Seleccione leche descremada o de 1% en lugar de leche entera
- 2** Use un vaso pequeño para su jugo y un tazón pequeño para su cereal
- 3** Saboree una taza de plátanos, moras, leche baja en grasa, y un sustituto de azúcar en lugar de pan dulce
- 4** Escoja un yogurt bajo en grasa con un endulzado sin calorías
- 5** Comparta un bagel con alguien mas o guarde la otra mitad para el desayuno de mañana
- 6** Sustituya un con endulzado sin calorías en lugar de azúcar para su café, té, y cereal
- 7** Use un sartén que no se peque y use aceite en spray "nonstick" en lugar de mantequilla o margarina cuando prepare los huevos
- 8** Unte a su bagel, pan o tostada con 2 cucharadas de queso crema sin grasa en lugar de queso crema regular
- 9** Sustituya una jalea o gelatina con endulzado sin calorías en lugar de uno con bastante azúcar
- 10** Seleccione jamón o tocino sin gordura en lugar del regular o de chorizo
- 11** Llene su torta de huevo con cebolla, chiles, espinacas y hongos en lugar de queso y carne
- 12** Rebaje su Tortilla de Huevo, fritada o huevos fritos al usar 4 claras (no use las yemas) o 1/2 taza de sustituto de huevo
- 13** Prepare su sándwich con una pequeña rebanada de pan de trigo

- 14** Prepare su propia salsa de fideos con calabacitas, chile verde, hongos y cebollas en lugar de carne

### ALMUERZO / CENA

Trate estas ideas para almuerzos ligeros y cenas reducidas:

- 15** Ponga lechuga, tomates, cebolla y pepinillos en su hamburguesa o sándwich en lugar de queso
- 16** Prepare ensalada de tuna o pollo con una mayonesa sin grasa
- 17** Caliente su quesadilla usando un aceite en spray (nonstick cooking spray) en lugar de mantequilla
- 18** Llene su quesadilla con mas vegetales frescos en lugar de carne y queso
- 19** Escoja tuna empacada en agua en lugar de una empacada en aceite
- 20** Seleccione una porción controlada de comida congelada en lugar de una hamburguesa y papas fritas

- 21** Cambie de mantequilla regular por mantequilla baja en grasa y calorías (Light)

- 22** Prepare pizza con una mitad menos de queso
- 23** Seleccione una tortilla de harina de 6-8 pulgadas (tamaño de taco) en lugar de una grande (tamaño de burrito)
- 24** Sustituya crema sin grasa en sus recetas
- 25** Escoja requesón de 1% de grasa en lugar del regular
- 26** Qúitele la grasa a las sopas, guisados y salsas antes de servirlos
- 27** Deje 3 a 4 bocados en su plato
- 28** Sustituya 2 cucharadas de aderezo bajo en calorías en lugar de aderezo regular

- 29** Escoja un Sándwich o burrito congelado bajo en calorías en lugar de uno regular

- 30** Corte toda la grasa o gordura en las carnes, pollo o cerdo
- 31** Goce su ensalada sin los cubitos de pan (croutons)
- 32** Hornee, hierva o prepare en la parrilla el pollo o pescado en lugar de freírlos
- 33** Escoja una porción de 3 a 4 onzas de carne (el tamaño de una baraja de cartas)
- 34** Qúitele el pellejo al pollo
- 35** Reduzca su porción de arroz o fideos a 1/2 taza
- 36** Cocine vegetales en la parrilla en lugar de freírlos
- 37** Use una cucharada menos de margarina, mantequilla o aceite en sus recetas

- 38** Reduzca la cantidad de queso en sus platillos y bocadillos

- 39** Sazone vegetales al vapor con limón fresco y hierbas en lugar de mantequilla
- 40** Use aceite de vegetal en spray y sartenes y ollas que no se pegan en lugar de mantequilla, margarina o aceite cuando cocine
- 41** Omite o use la mitad de la cantidad de mantequilla, margarina o aceite en sus comidas
- 42** Coma despacio, y haga que su comida dure, así reduce la urgencia de servirse mas
- 43** Satisfaga su deseo de comer dulce con una pedacito muy pequeño en lugar de la porción regular

## POSTRES

Usted no tiene que eliminar los postres para reducir 100 calorías... en lugar trate estas ideas:

**44** Haga su propio "root beer" con nieve sin azúcar y sin grasa

**45** Congele frutas licuadas y conviértalas en refrescantes sorbetes

**46** Deje el cono y tenga una porción de nieve en una taza o vaso

**47** Escoja su pedazo de pastel de medio en lugar de la orilla donde esta lleno de capa de azúcar o batido

**48** Póngale a una torta de pan o pastel fresas en lugar de salsa de chocolate

**49** Parta la mitad de la rebanada de pastel o cake

**50** Escoja nieves bajas en calorías en lugar de la nieve regular

**51** Goce de frutas frescas en lugar de pudín o flan

**52** Escoja manzanas, melocotones o fresas en lugar de pastel con cremas o nueces

**53** Siga las instrucciones de preparación baja en grasa cuando haga galletas, pasteles con harina pre-hecha (pre-mix)

**54** Comparta su postre con alguien mas

**55** Seleccione panecillos en lugar de una rebanada de pastel

**56** Sustituya la mitad de aceite en la receta con salsa de manzana cuando hornee

**BEBIDAS**  
Pruebe estos calmantes de la sed de bajas calorías

**57** Sustituya soda de dieta en lugar de soda regular

**58** Ponga atención a los tamaños de las porciones, algunas botellas y latas contienen 2 o más porciones

**59** Prepare chocolate caliente y bebidas instantáneas con leche descremada en lugar de leche entera

**60** Calme su sed con agua o té helado con sustituto de azúcar en lugar de soda regular

**61** Escoja una bebida pequeña en lugar de una grande

**62** Seleccione bebidas con sustituto de azúcar o poca azúcar

**63** Tome una taza de chocolate con leche descremada en lugar de leche entera o jarabe de chocolate

**64** Reemplace con agua solamente en lugar de 8 onzas de soda, jugo de frutas o bebida de fruta

**65** Beba cerveza bajas en calorías (Light) en lugar de cerveza regular - límitese a 1 o 2

**66** Pida bebidas de mezcla de dieta (cola, agua tónica, ginger ale)

**67** Escoja bebidas que no tienen agregado jugo de fruta

**68** Escoja vinos o cervezas en lugar de bebidas alcohólicas con base de fruta

**69** Reduzca su bebida de café favorita pidiendo leche descremada, y usando la mitad de azúcar o de su jarabe favorito

**BOCADILLOS/ MERIENDA**  
Calme su hambre con estos bocadillos saludables

**70** Congele uvas o sandía y úselas como paletas

**71** Licue bebidas hechas de yogurt sin grasa, leche descremada y fruta fresca en lugar de nieve

**72** Escoja 4 onzas de yogurt con endulzado sin calorías en lugar de uno de 8 onzas

**73** Controle sus porciones al servir porción individual de papitas en un tazón en lugar de comerlos de la bolsa

**74** Pruebe vegetales crudos en lugar de hojuelas de maíz (chips)

**75** Pruebe papitas horneadas en lugar de las regulares

**76** Goce de fruta enlatada, empaquetada en agua o en jugos naturales en lugar de jarabe

**77** Escoja una fruta pequeña (manzana, mango, naranja) del tamaño de una pelota de tenis o coma solamente la mitad de una fruta grande

**78** Reemplace galletas con fruta cortada en pedazos

**79** Use salsas bajas en calorías como aderezos bajos en calorías o frutas con yogurt bajo en grasa

**80** Pruebe 1/2 de taza de fruta fresca en lugar de 1/2 taza de fruta seca

**81** Coma solamente 1 barra de granola, y guarde la otra para mas tarde o compártala

**82** Tome 1 porción menos de semillas de nueces mezcladas

**83** Satisfaga sus deseos de chocolate, como una barrita pequeña de dulce "fun size"

## COMIENDO AFUERA

Ya sea que usted vaya al restaurante de comida rápida o vaya por una ocasión especial, pruebe estas ideas para reducir calorías cuando coma afuera:

**84** Coma una bolsa pequeña de palomitas de maíz sin mantequilla añadida

**85** En lugar de una barra de chocolate, seleccione un pudín sin grasa y con sustituto de azúcar

**86** Pida que quiten la canasta de pan de la mesa

**87** Pida una taza de sopa en lugar del tazón

**88** Seleccione sopas que no tengan crema

**89** Ignore las promociones de platos grandes

**90** Ordene aderezos con vinagre en lugar de hechos con mayonesa

**91** Pida que no le pongan cubitos de pan en su ensalada

**92** Sustituya vegetales al vapor en lugar de papas, arroz o pasta

**93** Seleccione bocadillos como su plato principal y agregue ensalada, sopa o vegetales

**94** Ignore las papitas en su orden de sándwich

**95** Pruebe pizza bajas en calorías en lugar de la regular

**96** Pida por una porción pequeña o no coma todo en el plato





**97** Use limón fresco para sazonar su pescado en lugar de salsas con crema

**98** Escoja ensalada en lugar de papas fritas cuando ordene en restaurantes de comida rápida

**99** Seleccione pollo a la parrilla en lugar de milanesa

**100** Pida las salsas y aderezo aparte; coma lo suficiente para gozar el sabor, pero deje la mayoría

## Tabla de Conversión de Actividades en Pasos de AOM©

Actividad	Número de Pasos por Un Minuto			Actividad	Número de Pasos por Un Minuto		
Aeróbicos (alto impacto)	209	189		Estiramiento	104	94	
Aeróbicos (bajo impacto)	157	142		Racquetbol (casual)	209	189	
Aeróbicos (pasos 10-12 pulgadas)	287	260		Racquetbol (competencia)	287	260	
Béisbol	157	142		Correr (6 minutos / milla)	470	425	
Balón cesto (competencia)	235	212		Correr (7.5 minutos / milla)	391	260	
Balón cesto (Juego / placer)	182	165		Restregar pisos	104	94	
Balón cesto (silla de ruedas)	182	165		Palear nieve	182	165	
Caminar en montaña con mochila (10 libras)	209	189		Esquiar de fondo	239	212	
Ciclismo	239	212		Esquiar de montaña	174	165	
Boliche	78	71		Fútbol (casual)	209	189	
Canotaje	109	94		Fútbol (competencia)	287	260	
Cortar leña	174	165		Escaladora	262	236	
Bicicleta de montaña	262	236		Subir escaleras	235	212	
Bicicleta estacionaria (intenso)	157	142		Bajar escaleras	78	71	
Bicicleta estacionaria (moderado)	209	189		Natación de espalda	218	189	
Bicicleta estacionaria (vigoroso)	313	283		Natación de pecho	305	260	
Bailes de salón	78	71		Natación de mariposa	326	283	
Baile country / disco	131	118		Natación estilo libre	218	189	
Trotador	262	236		Natación por placer	174	165	
Football americano	262	236		Natación de lado	239	212	
Football de tocado / bandera	235	142		Tenis (dobles)	184	165	
Jardinería (pesada)	157	142		Tenis (simple)	235	212	
Jardinería (moderado)	131	118		Caminar	143	133	
Golf (usando vehículo)	218	189		Lavar el auto	78	71	
Golf (sin usar vehículo)	104	94		Ski acuático	174	165	
Patínaje en hielo	218	189		Levantamiento de pesas	120	100	
Patínaje en línea	250	200		Yoga	65	71	
Trtar (en general)	209	189		Kick Boxing (vigoroso)	444	401	
Judo y Karate	305	260		Kick Boxing (moderado)	366	330	
Saltar la cuerda	287	260					
Cortar el césped	157	142					



## SUGERENCIAS RAPIDA PARA USAR UN CUENTA PASOS

Su cuenta pasos mide cada paso que usted toma. Tome un momento para asegurar que trabaja apropiadamente, Siga estas sugerencias.

1. Abroche el cuenta pasos a su cinturón o cinto, directamente arriba de su rodilla.
2. Asegúrese que este horizontal hacia el suelo, que no esté esquinado o colgando de su ropa.
3. Pruébalo si funciona bien, póngalo a 0 y camine 50 pasos.
4. Verifique la pantallita, si lee entre 45 a 55 está trabajando apropiadamente



## GUIA PARA COMPRAR UN CUENTA PASOS (PODOMETRO) DE CALIDAD

Los cuenta pasos son conocidos como podómetros, estos son buenos instrumentos para:

1. Saber como está su actividad física
2. comenzar a llevar un control de su progreso de aumento de actividad física
3. fijar metas personales
4. motivar y ayudarle a recordar el aumentar o mantener su actividad física

### ¿Cuál es un "buen" cuenta pasos?

Personas que han participado en el programa de America On the Move reportan que un cuenta pasos debe de ser:

- exacto
- durable
- confiable
- fácil de usar

### La eficacia del cuenta pasos tiene que ser:

- simple – no necesita calibración individual o con propiedades añadidas. ¡El de un solo botón es el mejor!
- barato – el precio de un buen cuenta pasos de calidad puede variar entre \$10 a \$30. Ocasionalmente se encuentra información en el Internet de modelos investigados.
- seguro – ¡El cuenta pasos se puede caer! El comprar uno con una cinta para que lo pueda sujetar a su ropa es suficiente.

### Personas necesitan saber como usar el cuenta pasos:

- Como y adonde fijar el cuenta pasos y asegurarse de que está en posición vertical
- Como saber si está funcionando apropiadamente
- Lugares alternativos para colocar el cuenta pasos para personas con sobre peso o con ropa restringida como vestidos, o con cinturas "llenas" de otras cosas como teléfonos celulares o beepers)
- Compra apropiada de cuenta pasos para personas mayores de edad como con números grandes que sean fácil de leer.



## 9 ADDITIONAL RESOURCES:

### HOW TO ORDER STEP COUNTERS HOW TO ORDER AOM BROCHURES

Both step counters and AOM Brochures can be ordered through the AOM website or by calling Decoprint at 888-954-6666.

*For partnership details and Guidebook download, please visit:*  
[www.csrees.usda.gov/nea/food/food.html](http://www.csrees.usda.gov/nea/food/food.html)

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### ARTICLES/REFERENCES:

*"Obesity and the Environment:  
Where Do We Go from Here?"*

JO Hill, PhD, HR Wyatt, MD, GW Reed, PhD,  
& JC Peters, PhD

*Science*, vol 299, February 2003

Using data from national surveys, AOM's co-founders estimate that affecting energy balance by 100 calories per day could prevent weight gain in most of the population. This modest goal, which is the basis for AOM, can be achieved by small changes in behavior, such as walking 2000 extra steps per day and leaving a few bites behind at each meal.

**CONCLUSION:** The authors conclude that small, specific behavioral targets may be key to stopping the obesity epidemic.

*"Using Electronic Step Counters to Increase Lifestyle Physical Activity:*

Colorado On the Move™"

HR Wyatt, MD, JC Peters, PhD, GW Reed, PhD,  
GK Grunwald, PhD, M Barry, PhD, H Thompson, RD,  
J Jones, MPH and JO Hill, PhD

*Journal of Physical Activity and Health*, vol 1, 2004.

The researchers at Colorado On the Move (which is the predecessor to America On the Move) sought to show that a program with a specific quantifiable behavioral goal (like adding 2000 steps to your day) using a step counter for increasing lifestyle physical activity and decreasing energy intake can work to prevent weight gain. This study did find that increasing a person's average steps per day with an achievable goal of steps per day (like adding 2000 steps) combined with a way to measure this increase, like using step counters, does have a positive impact on physical activity levels.

**CONCLUSION:** Increasing physical activity by 2000 steps per day could help prevent the average yearly weight gain increase of 1-2 pounds seen in the US population.

*"A Family-Based Approach to Preventing Excessive Weight Gain"*

SJ Rodarmel, EdD, HR Wyatt, MD, MJ Barry, PhD, F. Dong, D. Pan, RG Israel, PhD, SS Cho, PhD, MI McBurney, PhD, JO Hill, PhD.

Submitted and accepted for publication in *Obesity Research*, Fall 2006. This 3-month study followed over 60 families with at least one overweight child. Study families were taught about the America On the Move small changes philosophy, were provided with step counters and tracking forms, and were asked to eat two servings of cereal each day.

**CONCLUSION:** Results showed that families were able to significantly increase physical activity levels and adjust food intake. Compared to control families, both overweight children and parents in the study families successfully prevented weight gain.

### MONOGRAPHS

*Summit on Promoting Healthy Eating and Active Living:  
Developing a Framework for Progress*

*Nutrition Reviews*, vol 59, no 3 part II, March 2001

This publication represents a 2-Day Summit hosted by the America On the Move Foundation, which included expert analysis by 40 key figures organized into groups representing



## ADDITIONAL RESOURCES - CONTINUED PART 1

multiple disciplines.

*In preparation for the Summit, the groups wrote papers addressing 3 important questions:*

1. How and why do individuals make food and physical activity choices and what are the underlying factors that affect these choices?
2. How and why do environmental and societal factors affect food and physical activity choices?
3. What lessons have been learned from other attempts to guide social change?

Their findings and a new framework are presented in this monograph.

An Economic Analysis of Eating and Physical Activity Behaviors: Exploring Effective Strategies to Combat Obesity  
*American Journal of Preventive Medicine, Supplement, October 2004*

To review the effect of economics on eating and physical activity, the America On the Move Foundation convened the Economic Analysis Forum in April 2003. Two groups were formed - one focused on eating behaviors and one focused on physical activity, both with equal representation from health-related and economic disciplines. The groups examined how economics contribute to and can improve eating and physical activity patterns.

*The resulting 6 papers address the following topics:*

1. The economic framework that affects nutrition and physical activity choices
2. The impact economic forces have on leisure time choices
3. The effectiveness of interventions in increasing physical activity
4. How the built environment influences physical activity
5. How food costs influence food consumption
6. Interventions to promote healthy eating using economic analysis

The Forum and subsequent publication clearly demonstrated that economic considerations are essential to devising strategies to improve nutrition, physical activity, and obesity.

### AOM SURVEYS

*AOM Colorado State Survey, conducted by Harris Interactive Inc. for AOMF, 2002*

(published as "A Colorado Statewide Survey of Walking and Its Relation to Excessive Weight" in *MEDICINE & SCIENCE IN SPORTS & EXERCISE*, Vol. 37, No. 5, pp. 724-730, 2005.)

*Findings of interest include:*

- The average adult in Colorado reported taking 6804 steps per day.
- About 33% reported taking fewer than 5000 steps per day, and only 16% reported taking 10,000 or more steps per day.
- Determinants of steps per day included age (older residents reported fewer steps), marital status (singles are more active), and income (higher income associated with higher activity).
- Obese individuals walked about 2000 fewer steps per day than normal-weight individuals.

These results provide the first population data on current walking levels and provide a baseline for future evaluation of AOM in Colorado. Increasing steps per day appears to be a good target to use in interventions to increase physical activity.

*AOM National Step Survey, conducted by Harris Interactive Inc. for AOMF, 2003 (unpublished)*

This survey examined the views and experiences of over 2000 US residents ages 13 and older, concerning their physical activity, health, and nutrition.

*Findings of interest include:*

- 7 in 10 surveyed report currently trying to lose weight
- Average time spent sitting per day is 7.7 hours, 4 hours watching TV
- 8 in 10 wish to become more active (time and motivation cited as major barriers)
- 9 in 10 believe walking is a good or excellent way to increase physical activity

In addition, over 1700 participants agreed to wear a step counter and monitor their physical activity for two consecutive days and report the total number of steps taken during that period.

- The average steps per day reported was 5,310

*AOM Tennessee State Survey, 2005 (unpublished)*

This survey examined the experiences of Tennessee residents ages 18 and older, concerning physical activity, health, and



## ADDITIONAL RESOURCES - CONTINUED PART 2

nutrition. Parents of 10-17 year olds participating in the study were asked questions concerning their child's experience with these issues. Participants agreed to wear a step counter for four consecutive days and report the total number of steps taken during that period.

- Arkansans reported common barriers to adopting and maintaining lifestyle changes, including lack of time (32%); poor health (27%); and lacking motivation to start (15%).

The average daily steps reported by Arkansans was 5,248.

### *Findings of interest include:*

- The average adult Tennessean is nearly obese, with an average BMI of 29.2. (A BMI of 25 is considered over weight and a BMI of 30 is considered obese.)
- Tennesseans are inactive, with the average steps per day reported at 4,641 steps per day, about 1,000 fewer than the average American.
- 84% would like to become more active, and 94% believe that walking is a good to excellent method of doing so.
- Normal weight males in Tennessee are more likely to maintain their weight through physical activity, while normal weight females are more likely to do so through dieting.

*The bad news:* Tennesseans are less active, less likely to control calorie intake, and are heavier than the national average.

*The good news:* Tennesseans appear to be ready to change, given the right guidance and support.

### **AOM Arkansas State Survey, 2006 (unpublished)**

This survey examined the views and experiences of over 700 Arkansas residents ages 18 and older, concerning their physical activity, health, and nutrition. Participants agreed to wear a step counter to monitor activity for three consecutive days and report the total number of steps taken during that period.

### *Findings of interest include:*

- Over half of Arkansans report the desire to become more physically active. While 24% reported walking during the day, 60% reported sitting or standing.
- 65% of Arkansans prefer to increase activity levels on their own, as compared to turning to health clubs or community-based organizations for support.
- The majority (65%) is overweight or obese, yet, of those who visited a healthcare provider in the last year, only 20% were instructed to lose weight.





[www.americaonthemove.org](http://www.americaonthemove.org)



[www.csrees.usda.gov](http://www.csrees.usda.gov)