

Get Pumped Up!



STRONG FALLS

South Dakota

WELCOME TO

Enclosed in this packet is your new Travel Journal for the month. Continue to log your Frequent Mover Miles and be sure to complete the "Be Strong X Two" wellness challenge to earn coveted bonus miles this month. You are definitely going to get pumped up during your visit to Strong Falls, South Dakota!

Did you know muscle-strengthening exercises make us stronger AND enhance the health of our bones while improving balance and coordination?

That is why residents of Strong Falls have been doing resistance training for years in their homes and at Muscle Makeover, the local fitness center. These healthy and vital folks experience fewer injuries and enjoy lower rates of the brittle bone disease osteoporosis than their neighbors down the road in the city of Wounded Knee, South Dakota. Plus, aging Strong Falls residents are proud to be able to live independently in their homes longer than most older adults in the United States. They attribute it all to the muscle-strengthening exercises they perform at least twice a week!

Unpack your bags and get ready to learn the finer points of strength training. This city has it all for the HealthTrip traveler that's ready to get pumped up!



CITY FACTS

GETTING PUMPED UP FOR HEALTHY LIVING!

City Sites: Pump It Up Park, The Backbone Trail

City Challenge: Be Strong X Two!

Famous Residents: Muscles McGee, the resident expert on building strength; and Noodles Norris, the city's misinformed wise guy.

As soon as the sun peaks over the horizon each morning, Strong Falls residents begin descending upon Pump It Up Park located in the heart of this vibrant Midwest city.

"I like the feeling of energy I have on the days that I lift weights at the Park," exclaims Violet B. Strong, a 46-year old native of Strong Falls.

WELCOME TO PUMP IT UP PARK!

"I started doing muscle-strengthening exercises at the Park last year and have noticed that walking up and down the stairs at work and carrying my 18-month old baby around the house seems easier now that I have more muscular strength," says 28-year old Suzy B. Tall.

And these are just a few of the dozens of benefits folks in these parts are reaping when they drop by Pump It Up Park twice weekly. Staffed by certified personal trainers, this unique park features a wide variety of equipment and options for resistance training.

Head trainer, Art O. Weights, meets with residents one-on-one to design a muscle-strengthening program that is safe and effective. In the box at right are a few tips he shared about getting started.

In addition to aerobic activity, you should perform muscle strengthening exercises at least 2 days per week, working all the major muscle groups including legs, hips, back, chest, abdomen, shoulders, and arms.

Try the following at home or the gym:

- Lifting weights
- Working with resistance bands
- Doing exercises that use your body weight for resistance (i.e., push ups, sit ups)
- Heavy gardening (i.e., digging, shoveling)
- Yoga

To gain health benefits, muscle-strengthening activities need to be done to the point where it's hard for you to do another repetition without help.

A repetition is one complete movement of an activity, like lifting a weight or doing a sit-up. Try to do 8—12 repetitions per activity, which counts as 1 set. Try to do at least 1 set of each muscle-strengthening exercise, but to gain even more benefits, do 2 or 3 sets.

Allow 48 hours between muscle-strengthening sessions to permit time for your muscles to heal and repair.



TRAVEL PLANS

At right is a review of our travel rules and regulations. Remember, each month of HealthTrip, you earn Frequent Mover Miles by completing aerobic activities. Bonus miles are earned by completing the feature city challenge.

- **ONLY AEROBIC ACTIVITIES COUNT:** Frequent Mover Miles may be earned by engaging in aerobic activities. Aerobic or "cardio" activity gets you breathing harder and your heart beating faster. A brisk walk, dance class, swimming laps – all of them help you get Frequent Mover Miles!
- **INTENSITY IS IMPORTANT:** Your aerobic activity must be done at moderate or vigorous intensity to count. Moderate-intensity means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song. Walking briskly, doing water aerobics, and riding

a bike on level ground are examples of moderate-intensity aerobic activities. Vigorous-intensity aerobic activity means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you will only be able to say a few words before pausing for a breath.

- **TEN MINUTES OR MORE:** It's okay to break your aerobic activity into mini-sessions throughout the day as long as each lasts at least ten minutes.

That's it! All you have to do is record your Frequent Mover Miles daily and return your completed Travel Journal to the HealthTrip travel agent at the end of the month!

The Legend Of Backbone Trail

The legendary dispute broke out early one afternoon near the trailhead as two hikers prepared for the 1.2-mile treacherous hike up the steep and rocky Backbone Trail. Muscles McGee and Noodles Norris were seasoned hikers in these parts. Yet what started as a friendly disagreement between the two erupted into a legendary argument that could be heard by young and old ears alike — all the way down the canyon valley.

Still remembered today as one of the ugliest disputes west of the Missouri River, locals recall the details from this historic exchange, which has come to be known as the "Legend of Backbone Trail."

The point of contention in this battle focused on misinformation that Noodles Norris had about muscle-strengthening exercises. You see, Noodles thought "it a waste of good time and effort to do these silly activities." Muscles McGee, on the other hand, knew the truth about strength-training and used the dispute as motivation to debunk the misperceptions about strength training that Noodles and others had heard. Check out Muscles' responses to these myths:

Myth: Participating in aerobic activities is enough to maintain good health.

Truth: Regular physical activity is one of the most important things that you can do for your health. Aerobic and muscle-strengthening exercises are equally as important. Muscle-strengthening exercises help maintain the integrity of bones, improve balance and coordination, and make it seem less taxing to do all of the activities that you enjoy.

Myth: Strength training does not promote weight loss since you burn fewer calories and are adding muscle weight.

Truth: Performing muscle-strengthening exercises can substantially increase the number of calories you expend. A typical session, in which you rest briefly after each muscle-building maneuver, uses up calories at a rate equal to that of walking. And your body continues to burn calories for hours after strength training.

More important, lean body mass (muscle) is more metabolically active than body fat. In other words, the more muscle you have the more calories you burn all day long.

Myth: Strength training results in big, bulky muscles.

Truth: It requires a lot of time and effort to increase muscular size. Sticking with the basic recommendation of performing 1-3 sets of 8-12 repetitions for each muscle-strengthening exercise yields significant health benefits but will not enlarge muscular size significantly for most individuals.



Muscles McGee (left) and Noodles Norris, infamous adversaries.



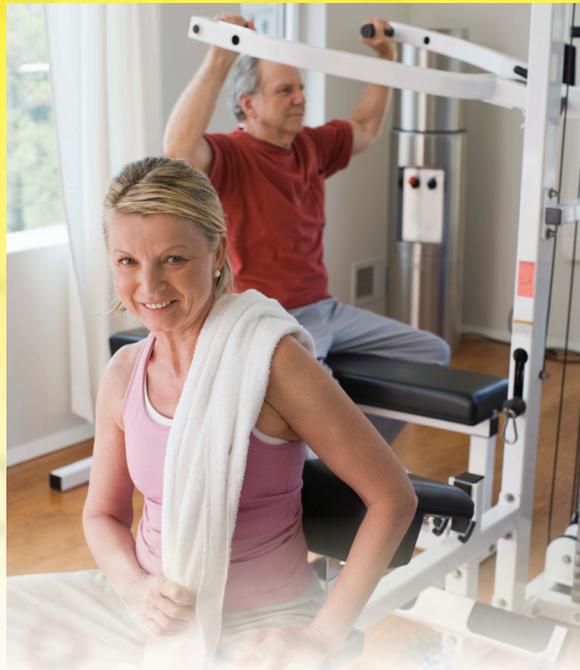
WELLNESS CHALLENGE STRONG FALLS

Be Strong X Two: Muscle-strengthening exercises improve muscular strength and allow you to perform basic activities like climbing stairs, gardening and vacuuming with ease. Performing these exercises regularly is the key to enhancing balance and coordination while building strong, healthy muscles and bones.

This month the emphasis is on developing and/or maintaining a habit of regularly performing muscle-strengthening exercises. The challenge is for travelers to complete at least two muscle-strengthening exercises each day.

Keep in mind these muscle-strengthening exercises can be completed almost anywhere including at home, at the gym, or at a park. And minimal equipment is needed to successfully complete the challenge. This makes the wellness challenge "doable" for most travelers!

To earn one bonus mile per day, the traveler is required to complete two muscle-strengthening exercises per day. Each exercise should be



completed for 8-12 repetitions to count toward the challenge.

To promote proper balance, pairs of muscle-strengthening exercises are listed below. Simply choose and complete one pair per day to earn your bonus mile. Detailed instructions for muscle-strengthening exercises can be found at <http://www.cdc.gov/physicalactivity/everyone/videos/index.html>.

Choose one pair of muscle-strengthening exercises each day to earn one bonus mile daily this month!

Pair #1: Push-up and Abdominal Crunch

Pair #2: Squat and Heel Raise

Pair #3: Front Arm Raise and Overhead Press



Time to hit the road toward optimum health. On your Travel Journal, award yourself one mile for each minute of aerobic activity you complete each day, and up to one mile per day for completing the challenge. **Your goal is to rack up 600 miles!** Remember to return your Travel Journal to your Travel Guide!

Aerobic Activity

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL

Challenge Activity

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL

NAME: _____ EMAIL: _____ PHONE: _____

TOTAL: _____