

Session 2 or 5: Move Those Muscles.

Goal: Do 2½ hours of physical activity each week.



This will burn about 700 calories per week.

- ❖ Pick activities you **LIKE**.
- ❖ Choose moderate kinds of activity, like **brisk walking**.
- ❖ Work up to this goal *slowly*. It will take about 4 weeks.
- ❖ Spread the weekly total over 3 to 4 days (or more) per week.

How active are you now? (Kind of activity, with whom, how often/long)

What activities did you do in the past? _____

Why did you stop? _____

What do you like or dislike about being active or being inactive?

	What I like about it	What I don't like about it
Being active		
Being inactive		

Wear a Good Pair of Shoes

You don't *need* to buy special shoes if you have shoes now that fit well and support your feet. But here are some pointers if you are planning to buy shoes:

Shoe stores offer many kinds of shoes for active people.

- ❖ Visit one or more store(s) you trust. Try on various styles and brands.
- ❖ The salespeople can help you find a good fit. They can also help you choose the shoe best suited for the kind of activity you do.

Look for a good fit.

- ❖ Wear the kind of socks you'll wear when you're active. Cotton are best.
- ❖ Go to the store right after you've been active, if possible.



That way, your feet will be the size they are when you're warmed up.

- ❖ The shoes should be comfortable right away. Try them on and walk around. They should NOT need to "stretch out" later.
 - There should be one thumb's width of space between your longest toe and the end of the shoe.
 - The heel should NOT pinch or slip around when you walk.
 - The shoes should bend easily at the ball of your feet (just behind your toes).

Get the kind of support you need.

Your shoes should match the shape of your foot and the way your feet strike the ground.

- ❖ Take your old shoes with you to the store. Ask the salesperson to look at the pattern of wear. This can show the kind of support you need. For example, is the back of the shoe worn down unevenly on the bottom (that is, does it slant toward the inside or outside)? If so, you may need extra support for arches or flat feet.
- ❖ Be sure to tell the salesperson the kind of activity you plan to do. Many shoes are made for a specific activity, such as running or aerobic dance. They will give you the kind of support needed for that activity.