

Step In To Fitness by 'Steppin' Out'

*Join the challenge:
Walk 70,000 steps
in only seven days*

BY ANNA WILSON
BLUE RIDGE HEALTHCARE

MORGANTON - Blue Ridge HealthCare and Phifer Wellness Center challenges its employees and the public to take part in the "70,000 Steps in 7 Days Challenge" as part of National Medical Fitness Week, April 21-27.

For the third year, Phifer has joined the Medical Fitness Association's National Walking Challenge called "Steppin' Out For A Lifetime."

One of only a few hospital-based wellness facilities in Western North Carolina, Phifer is open to the public as a fitness center, but is also a medical referral program where patients can participate in specialized programs designed to enhance their quality of life.

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

HENRY DAVID THOREAU

Phifer is also a vital part of BRHC's vision for the future - a healthier Burke County - and this walking challenge is one way to encourage movement.

Anyone can participate, and the challenge will begin April 21 and end April 27.

"The challenge comes from walking 70,000 steps in only seven days," said Johnie Morrison, exercise physiologist at Phifer and coordinator of the challenge. "About 2,000 steps equal one mile and 3,000 steps a day is about average for someone who doesn't exercise. 10,000 steps a day is a lot to fit in, and you'll have to make a conscious effort to walk more in order to hit

that number."

Participants will wear a pedometer from the time they get up until the time they go to bed. Record your number of steps each day. Add up your weekly total and report that total by noon on April 30.

"It's important for everyone to turn in their steps, even if they do not reach the 70,000 goal," Morrison said. "The

My father considered a walk among the mountains as the equivalent of churchgoing.

ALDOUS HUXLEY

community achieving the most steps will be recognized during the Medical Fitness Association annual conference."

A good overall goal is to increase your daily steps each week by 500 per day until you are normally achieving 10,000 steps a day.

Achieve 70,000 steps in a week, and you will have achieved the National Centers for Disease Control and Prevention recommendation for physical activity.

Debbie Knight, Blue Ridge HealthCare's Director of Wellness and Chair of Healthy Burke Lifestyle Choices, hopes the challenge will show people the benefits of walking.

"Walking is safe and effective whether you're already active or just getting started,"

Of all exercises walking is the best.

THOMAS JEFFERSON

- Park in the far back of the parking lot and walk further to the door.
- Use the furthest entrance into your workplace from your parking spot, and walk through the building to your work area.
- Circle the room when waiting for meetings to start.
- Use the restroom, copy machine, water fountain, break room, etc. that is further from your work area.
- Take the stairs rather than the elevator, especially for one to three floors, both up and down.
- When making a phone call,

stand up and pace around as you talk.

- Rather than phone or email, walk to a coworker's office or neighbor's house and talk to them live.
- When people stop to talk with you, make it a moving meeting and walk around together while chatting.
- Hide the TV remote and walk to the TV to change channels.
- During TV commercials, get up and walk around the house.
- When doing errands, park in a central location and walk to your store destinations.



Healthy Burke

A Healthy Carolinian Partnership



she said. "It's springtime, and that's the time to be outside. With obesity being such an issue across the country, we hope this will encourage everyone to take just a few more steps toward better health."

A man's health can be judged by which he takes two at a time - pills or stairs.

JOAN WELSH

Participants may sign up now at Phifer Wellness Center. The entry fee is \$10, and you can choose a pedometer or a T-shirt. For \$20, you can get both. In addition, you get free membership to Phifer for that week. Phifer members do not have to pay an entry fee, however, for a \$10 donation you can receive a pedometer or a T-shirt, or \$20 for both.

Morrison is hoping for 150 participants this year. Last year a little more than 100 folks took part.

The proceeds will go toward Phifer's Fit for Life scholarship program, which offers free memberships to persons who are referred by their physician and meet Phifer's criteria, and who may need more

If you want to know if your brain is flabby, feel your legs.

BRUCE BARTON

supervised workouts. Candidates must have been hospitalized in the last two years with a cardiac, pulmonary or diabetic event.

FOR MORE INFORMATION, on Steppin' Out or fit for Life please call Phifer Wellness Center at 580-6600.

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Johnie Morrison, left, exercise physiologist at Phifer and coordinator of the local "Steppin' Out" shows Debbie Mitchell how the pedometer works.

Regular physical activity is good for overall health. Physical activity decreases the risk for colon cancer, diabetes, and high blood pressure. It also helps to control weight, contributes to healthy bones, muscles, and joints; reduces falls among the elderly; and helps to relieve the pain of arthritis. Physical activity does not have to be strenuous to be beneficial. Moderate physical activity, such as 30 minutes of brisk walking five or more times a week, also has health benefits.

Source: CDC

Check out these ways to sneak in more steps



Don't forget to walk the dog!

- Return the shopping cart all the way into the store after grocery shopping.
- Never drive through - get out and park and walk into the bank or fast food stop instead.
- Every 30 minutes get up from your desk or easy chair and do 1-5 minutes of walking in place and stretching your arms, shoulders and neck.
- Before eating lunch, take a 10 minute walking break.
- Look over your usual trips in the car - are there any that you could do as walks instead, such as to the post office?
- If you take your kids to sports or activities, dedicate 10-20 minutes of that time to walking around after dropping them off or when you arrive early to pick them up.
- Form a workplace walking group and meet to walk together during lunch or break.
- Form a neighborhood walking group and meet to walk together in the morning, noon, or after work.
- Make a family habit of taking a 10-20 minute walk after dinner together, or first thing in the morning.

Source: about.com



Phifer Wellness Center Wants To Make You A Special Offer During The Month Of April!

It's time to get active and make fitness a way of life, and Phifer Wellness Center wants to help. Bring this ad to Phifer Wellness Center during the month of April and we'll give you a free 30 day trial membership. At the end of the 30 days you'll have the opportunity to join Phifer and we'll waive the enrollment fee — that's a savings of \$100 for individuals and \$150 for families. For more information, call our membership coordinator now at (828)580-6600.



Phifer Wellness Center ♦ 2165 S. Sterling Street ♦ Morganton, NC ♦ (828)580-6600