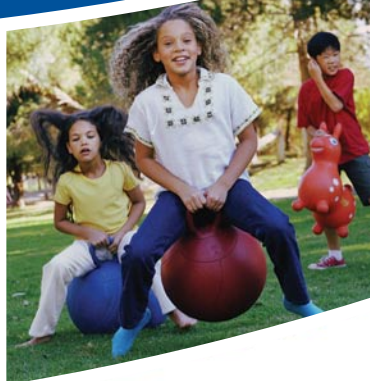


# Quick Start Guide



# What Is America On the Move?

America On the Move is a national, non-profit initiative dedicated to helping individuals, families and communities make positive changes to improve their health and quality of life.



## The Challenge

The eating and physical activity patterns of most Americans have become cause for concern. More than 60% of American adults fail to get the recommended 30 minutes of physical activity a day, and 25% aren't physically active at all. On average they are gaining 1-2 pounds each year, with some gaining even more.

## The Solution

America On the Move has demonstrated that Americans can stop weight gain by balancing the energy they burn with the calories they consume. This concept is known as "energy balance." America On the Move provides simple, fun ways for you to achieve energy balance by encouraging two small changes each day:

- Take 2,000 more steps (or activity equivalent)
- Eat 100 fewer calories (by eating smarter)

Just incorporate these small changes into your daily routine for great results over time.

# The Key to Weight Control: Energy Balance

Think of energy balance as weight management. A calorie is a unit of energy. When we eat, we consume calories that provide our bodies with energy to do everything, from breathing to walking. Physical activity boosts the calorie burning process. So the more we move, the more we burn.

## Energy Balance 101

- Controlling weight is balancing energy...if calories in and calories out are in balance, you will maintain your weight.
- If you burn more calories than you eat, you'll lose weight – everyone knows what happens when we eat too much and move too little.
- Physical activity also fires up your metabolism so you automatically burn calories even while sitting at a desk, watching TV, or sleeping (not a bad deal, right?).
- Weight management through energy balance may also lower blood pressure and cholesterol levels, help control blood sugar, and increase energy levels.

When it comes right down to it, what's even more important than knowing exact amounts of calories consumed and calories burned is simply being mindful of your lifestyle. If you're not getting enough physical activity each day, it's extremely difficult to maintain or lose weight, or to keep weight off. America On the Move and the YMCA are here to help!



# What is YMCA Activate America™?

Learn more about how YMCA Activate America is making an impact in your community.



- YMCA Activate America is a national initiative that is rallying YMCAs across the country to further enhance their service and support to kids, adults and families who want to live a healthy lifestyle, but struggle to do so.
- As a part of YMCA Activate America, YMCAs are also deepening their commitment to community-wide efforts, such as America On the Move, to promote healthy living, and intensifying their collaboration with other community partners to magnify their impact.
- YMCA Activate America was created because — as the nation's oldest and largest community-based organization with more than 2,600 YMCAs, 20.2 million members and a mission dedicated to health and wellness for more than 150 years — the YMCA is uniquely qualified and positioned to impact our country's growing obesity, chronic disease and health care crisis.

## Top 5 Reasons to Join Us

Need to motivate yourself, your friends, and your family to make two changes every day that can really add up to big rewards? Read the list below for some added inspiration!

1. **You'll feel better and have more energy.** Increased physical activity and smarter food choices will boost your energy level, mood and overall attitude.
2. **It prevents weight gain.** The average American gains 1-2 pounds every year. Taking a few extra steps and monitoring calories tips the energy balance in your favor to stop weight gain.
3. **You'll improve your health.** Controlling your weight through energy balance can provide additional health benefits, such as lowering your blood pressure, improving cholesterol levels and controlling blood sugar.
4. **You'll become a healthy role model for your family and friends.** By moving more and eating smart, you're setting a positive example for others, especially children.
5. **It fits into your busy schedule.** Small steps don't require any set "exercise time" because you don't have to walk the extra 2,000 steps at once. Take the stairs a few extra times a day; give up drive-thru windows and walk inside instead; park the car a bit farther from your destination. All those steps add up.



# Easy Ways to Get an Extra 2,000 Steps a Day

Whether you're at work, at home, or out and about, you'll find many opportunities to add steps to your day. Here are a few ideas to get you started.



## At Home

- Make several trips up and down the stairs to do laundry or other household chores
- Pace around your house while talking on the phone
- Take your dog for a walk

## At Work

- Avoid elevators and escalators; take the stairs instead
- Walk to co-workers' desks to speak to them instead of sending an email
- Escape the stress of a difficult day by excusing yourself for a few minutes of walking

## At Play

- Window shop while you pace through a shopping mall
- Walk with your kids to the local park
- Plan a picnic with friends, family and children, and go for a walk after your meal

## Variety is the spice of life

- Play America's favorite pastime — baseball or softball at your YMCA
- Swim laps in a pool at your YMCA — vary your stroke for the best results
- Take outings to museums, zoos, and botanical parks, where walking is an integral part of the fun
- Walk the track for eight laps at your YMCA

# Easy Ways to Eat 100 Fewer Calories Each Day

There are lots of ways to cut 100 calories from your daily eating pattern that won't leave you hungry or feeling deprived. Here are a few simple tips. You'll find many more at [www.americaonthemove.org](http://www.americaonthemove.org).

## Breakfast

- Drink nonfat or 1% milk instead of whole milk for fewer calories without sacrificing nutrients
- Savor a bowl of bananas, berries, low-fat milk and sugar substitute

## Lunch/Dinner

- Pick water-packed tuna instead of tuna packed in oil
- Substitute low-fat or fat-free sour cream in recipes

## Desserts

- Enjoy a dish of fresh fruit in season instead of custard or pudding
- Dish up low-calorie frozen yogurt or sherbet instead of ice cream

## Snacks

- Control your portions by pouring an individual serving of pretzels or chips into a bowl instead of eating from the bag
- Freeze grapes or watermelon wedges for a popsicle-like treat

## Beverages

- Substitute diet soda for regular soda
- Choose no-sugar-added fruit juices

## Dining Out

- Substitute steamed vegetables for a potato, rice or pasta side dish
- Skip super-size promotions



# Creating Your Healthier Environment

Adapting your home environment to reinforce your active, healthy lifestyle is easy when you use these ideas.



## Create an environment that promotes more movement

- Store a pair of comfortable shoes at the office for walks around the building or outside during breaks
- Suggest giving your work stairwell a makeover — decorate the walls with motivating messages or photos, give it a fresh coat of paint, add air fresheners and install brighter bulbs; pleasant surroundings promote more frequent use

## Create an environment that promotes healthful eating

- Keep canned and frozen veggies as quick side dishes or for pastas, soups, casseroles and pizza
- Eat dinner at the table — talking with family members can help you avoid overeating before you feel full
- Listen to relaxing music while eating instead of sitting in front of the TV

# How Many Steps Equal an Active Lifestyle?

Although there is no magic number, as your daily number of steps increase, so do the health benefits. No matter how active you are now, small changes will get you where you want to be!

Whether your goal is improved health or healthy weight management, small changes and consistent daily effort are keys to your success. Try to set goals to gradually boost your daily physical activity to a level that is consistent for you.

Here is a quick guide to help motivate you to set a new goal today:

STEPS PER DAY	ACTIVITY LEVEL
Less than 5,000	Inactive
5,000 - 7,499	Slightly active
7,500 - 9,999	Moderately Active
10,000 -12,499	Active
12,500 or more	Very Active

Many people find they can reach the Moderately Active or Active range within a few weeks of beginning the AOM program. However, if you are like most Americans, you may find that your starting average is between 4,000-6,000 steps per day, so boost your activity level at a pace that is right for you. Whether you increase at a faster or slower rate is less important than simply moving more today than you did yesterday.





# Activity Converted to Steps

Steps per minute



Activity	Steps per Minute	
	Female	Male
Aerobic dancing (low impact)	142	127
Aerobics (high impact)	189	181
Aerobics step 6-8 inch step	236	218
Aerobics step 10-12 inch step	260	254
Backpacking (on hill with under 10 lb load)	189	181
Backpacking (on hill with under 10 lb - 20 lb load)	212	199
Ballet Dancing	118	127
Baseball	142	127
Basketball (leisurely, non-game)	165	127
Basketball (game)	212	145
Basketball (playing in wheelchair)	165	163
Bicycling	212	199
Bicycling (BMX or mountain)	236	218
Bicycling (Stationary – general)	189	181
Bicycling (Stationary – light)	142	145
Bicycling (Stationary – moderate)	189	181
Bicycling (Stationary – vigorous)	283	254
Bowling	71	73
Canoeing	94	91
Chopping Wood	165	145
Circuit Training (general)	212	199
Dancing ballroom (slow)	71	73
Dancing ballroom (fast)	118	109
Dancing Country	118	109
Dancing Line	118	109

Activity	Steps per Minute	
	Female	Male
Dancing Disco	118	109
Dancing Square	118	109
Dancing Swing	118	109
Elliptical Jogger (medium)	236	218
Football Touch/Flag	212	199
Football Tackle	236	218
Gardening (heavy)	142	145
Gardening (moderate)	118	109
Golf (general)	118	109
Golfing (riding in cart)	94	91
Horseshoes	71	73
Scrubbing floors	94	91
Vacuuming	94	73
Ice Skating (leisurely)	189	181
In-line skating	200	190
Jogging (general)	189	181
Jogging (in water)	212	199
Judo and Karate	260	254
Jumping Rope (slow)	212	199
Jumping Rope (moderate)	260	254
Jumping Rope (fast)	330	290
Mowing	142	127
Pilates	94	91
Racquetball (casual)	189	181
Racquetball (competitive)	260	254
Rowing	189	181



## Activity Converted to Steps (cont.)

Steps per minute

Activity	Steps per Minute	
	Female	Male
Running 08 mph (7.5 min/mile)	354	326
Running 10 mph (6 min/mile)	425	399
Shoveling Snow	165	145
Skiing Downhill (moderate to steep)	165	145
Skiing Cross-country	212	181
Snowshoeing	212	199
Soccer (casual)	189	181
Soccer (competitive)	260	145
Swimming freestyle	189	181
Swimming breaststroke	260	254
Swimming butterfly	283	272
Swimming backstroke	189	181
Swimming sidestroke	212	199
Stair climber machine	236	218
Stair climbing (up stairs)	212	199
Stair climbing (down stairs)	71	73
Tae Bo (moderate)	330	290
Tae Bo (vigorous)	401	363
Tae Bo (very vigorous)	472	435
Tennis (doubles)	165	145
Tennis (singles)	212	199
Volleyball	118	91
Waterskiing	165	145
Weight lifting	71	73
Wrestling	165	145
Washing the car	71	73
Waxing the car	118	109
Yoga	71	54

## Tracking Your Steps During America On the Move Week at the YMCA

The YMCA hopes to inspire Americans nationwide to take one billion steps this week!

There are two ways you can use this guide to track your steps during America On the Move Week at the YMCA:

1. **Use pedometers and this guide to record your exact number of steps**
  - Wear your step counter every day this week and record your activity and step results each day using the calendar tracking form on page 14.
2. **Use the conversion chart and this guide to record your estimated number of steps**
  - Convert walking and other activities you enjoy into steps using the conversion chart on the preceding page. Record your activity and step results each day using the calendar tracking form on page 14.

**At the conclusion of America On the Move Week at the YMCA, we ask that you please tear out page 14 (the last page of this booklet) and return it to your YMCA before October 3, 2006.** All steps taken during this week will be tallied and an announcement celebrating the number of steps taken will be made. Your participation will help us to ensure that we meet our goal of one billion steps!



# 6 Week Tracking Form

SUN	MON	TUE	WED	THU	FRI	SAT
DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___
STEPS _____	STEPS _____	STEPS _____	STEPS _____	STEPS _____	STEPS _____	STEPS _____
-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>
DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___
STEPS _____	STEPS _____	STEPS _____	STEPS _____	STEPS _____	STEPS _____	STEPS _____
-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>
DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___
STEPS _____	STEPS _____	STEPS _____	STEPS _____	STEPS _____	STEPS _____	STEPS _____
-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>
DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___
STEPS _____	STEPS _____	STEPS _____	STEPS _____	STEPS _____	STEPS _____	STEPS _____
-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>
DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___
STEPS _____	STEPS _____	STEPS _____	STEPS _____	STEPS _____	STEPS _____	STEPS _____
-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>
DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___	DATE ___/___/___
STEPS _____	STEPS _____	STEPS _____	STEPS _____	STEPS _____	STEPS _____	STEPS _____
-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>	-100 CALORIES <input type="checkbox"/>



# America On the Move Week at the YMCA Tracking Form

SAT 9/23/06	SUN 9/24/06	MON 9/25/06	TUE 9/26/06	WED 9/27/06	THU 9/28/06	FRI 9/29/06
ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
STEPS:	STEPS:	STEPS:	STEPS:	STEPS:	STEPS:	STEPS:
ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
STEPS:	STEPS:	STEPS:	STEPS:	STEPS:	STEPS:	STEPS:
ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
STEPS:	STEPS:	STEPS:	STEPS:	STEPS:	STEPS:	STEPS:
ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:	ACTIVITY:
STEPS:	STEPS:	STEPS:	STEPS:	STEPS:	STEPS:	STEPS:





**YMCA  
ACTIVATE  
AMERICA**



[www.ymca.net](http://www.ymca.net)  
[www.americaonthemove.org](http://www.americaonthemove.org)  
800.807.0077

**National Presenting Sponsor**



FROM  **PEPSICO**



**Tropicana.**

