

The first stop on our
HealthTrip travel itinerary!



AEROBIQUERQUE

New Mexico



This picturesque southwest city boasts 310 days of sunshine each year, and is an oasis for outdoor fitness and recreational activities. It is no wonder that this unique city is continually ranked as one of America's fittest cities, making it the perfect starting point for our journey.

One of our goals on HealthTrip will be to fit fitness in along the way. Let's get started by locating the Travel Journal included in your travel packet. This is where you will record your Frequent Mover Miles each day. It is a good idea to record mileage each day, even if you choose not to exercise. Daily journaling encourages you to reflect on your progress and be mindful when you detour from your fitness goal.

The goal is to log 600 Frequent Mover Miles per month. You earn mileage by completing aerobic activities like brisk walking, cycling, or playing basketball. For each one minute of aerobic activity you earn one Frequent Mover Mile. You can pick up bonus miles by completing the monthly wellness challenge. Check the travel rules and regulations for more details about earning Frequent Mover Miles!



CITY FACTS

THE PLACE WHERE ALL THINGS WORK OUT!

City Sites: Heart Rate Hotel, Motivation University

City Challenge: Add More Activity!

City History: Fit Fiesta!

Aerobiquerque is famous for its chili pods and healthy bods. The historic conquistadors did not find the fountain of youth, but they discovered the next best thing: Aerobic exercise! Put some spice in your life and learn to enjoy the multiple benefits of regular aerobic activity.

HEALTH TRIP

MAKE THE TRIP OF A LIFETIME!

TRAVEL PLANS

Let's review our travel rules and regulations:

- **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 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!

WELCOME TO THE HEARTRATE HOTEL

Guests of the Heart Rate Hotel receive the red carpet treatment, and everyone who stays here is assured to find a comfort zone that's right for them. Use the following guide to make sure your heart rate is on target during exercise.

For moderate-intensity physical activity, a person's target heart rate should be 50 to 70% of his or her maximum heart rate. This maximum rate is based on the person's age.

You can estimate your age-related heart rate by subtracting your age from 220. For example, for a 50-year-old person, the estimated maximum age-related heart rate would be calculated as $220 - 50 \text{ years} = 170$ beats per minute (bpm). The 50% and 70% levels would be:

- **50% level: $170 \times 0.50 = 85$ bpm**
- **70% level: $170 \times 0.70 = 119$ bpm**

Thus, moderate-intensity physical activity for a 50-year-old person will require that the heart rate remains between 85 and 119 bpm during physical activity.



Motivation U was recently founded in Aerobiquerque to study motivation, readiness, and adherence to physical activity. Researchers and professors at the University have studied and touted the health benefits of exercise for many years. Yet, despite all their efforts, many Aerobiquerque residents continue to live sedentary lifestyles.

So, the professors developed a survey and polled the residents. Much to their surprise, most residents knew what they should be doing to reap the health benefits of exercise. But they didn't know how to stay motivated, stick with an exercise plan, or make time to exercise during hectic days.

Thus, the scholars turned their research efforts to focus on the hidden secrets, which are useful in breaking down the barriers that sabotage people from maintaining physically active lifestyles. Here is what they found...



Individuals who exercise regularly have developed positive mental images and messages about exercise. They see themselves as active people. They maintain a mental image of themselves regularly engaging in exercise.

Practicing visualization can help you do the same. Take a few minutes each evening and visualize what it is going to look like for you to exercise the next day. Imagine packing your workout clothes and water bottle. Picture yourself leaving work and arriving at the fitness center, outdoor trail, or swimming pool. Visually walk through the exercise session in your mind. Then imagine what it looks and feels like to have completed the exercise. Remind yourself of why it is important to you to exercise regularly.

WHY IS IT IMPORTANT TO YOU?

Activities and items that we value are important to us, so naturally, these activities and items are high priorities in our life. Individuals who exercise regularly have made exercise a priority in their daily life. These folks can quickly tell you why they value exercise and why it is important to them.

"It's important because exercise gives me more energy so I can accomplish everything else in my life."

"Because it helps me manage stress, boosts my self-confidence, and gives me a deep sense of accomplishment."

"Exercise helps me manage my weight and blood

pressure."

"My dad died at a young age of heart disease...I want to live a longer life and be here for my family."

EXERCISE YOUR OPTIONS

Individuals who exercise regularly employ a variety of strategies to help them stay the course. While not everyone will have success utilizing each strategy, one of these might just be the ticket you need to make exercise a regular part of your life.

- Call it whatever you like but don't use the "e" word (exercise). Try referring to it as time for me, playtime, recess, timeout, or your workout instead. Whatever works for you, use it, and you'll feel right about doing it.
- Enlist support from family, friends, and coworkers. Delegate tasks to allow time for you to exercise. Or recruit an exercise buddy who can encourage and support your efforts and add a pinch of fun to your workouts.
- Maintain an exercise journal. Record your progress, pitfalls, and challenges. Be sure to reflect upon your progress periodically and use the information to help you set new fitness goals.
- Choose an activity that you enjoy and fits your lifestyle. There is no ideal exercise for everyone. If jogging sounds like a painfully boring activity, try playing basketball with friends or hiking a local trail. Find something that you can look forward to doing most days.

WELLNESS CHALLENGE AEROBIQUERQUE

Add More Activity To Your Day: There are plenty of ways to add more activity to your day without having to change into exercise clothes or go to the gym. Earn bonus miles this month by incorporating physical movement into your routine. Complete any three of the following activities in a given day and earn one bonus mile. Only one bonus mile per day is possible.

Take the stairs instead of the elevator or escalator

Park the car farther from the office or store and walk

Take the long way to the copy machine, bathroom, or break room

Dust your furniture

Vacuum

Work in the garden pulling weeds or pruning

Wash or wax your vehicle by hand

Take your dog for a walk

Get off the bus a few blocks early and walk

Opt to walk to a co-workers office rather than send an e-mail message

Sweep your garage or sidewalk

Bike to the grocery store instead of driving

Take a 3-minute walk break every hour during the day

Remember to record your three (or more) daily activities in your Travel Journal. You can earn up to one bonus mile daily by completing this wellness challenge!

Different people have different values. Take a minute and review the list of exercise-related values and benefits. Put a checkmark next to the statement(s) that most closely reflect why exercise is important to you. Regular physical activity is one of the most important things you can do for your health. It can help:

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer
- Help you sleep more restfully
- Fill you with energy and vitality



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 three or more challenge activities. **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: _____