

“STEP TO IT”

Objective: To improve health and fitness of participating members by encouraging members to participate in an aerobic program/class as a regular part of their day. The goal of this program is to get those who are more sedentary involved in an easy fitness program.

Aerobic exercise is exercise that is vigorous enough, lasts long enough and is done regularly enough to keep your heart and lungs in good shape. Aerobic exercises burn fat faster than any other type of exercise. Here's what fitness means to **us** a firm, lean body; a strong heart; a slower heart rate; lower blood pressure; muscle strength; muscle endurance; flexibility; and the most magic ingredient of all: *energy*. Fitness...makes you feel so good; so truly alive!

Background: It has been scientifically proven that 30 minutes of aerobic activities can reduce cardiovascular disease by as much as 50%. Frequency: most experts believe that 3-5 times per week of aerobic activity is fine. Duration: 20-60 minutes of an exercise session is considered optimal.

Intensity: This refers to the percentage of your maximum heart at which you work. Experts believe that achieving 60-90% of age-specific maximal heart rate should be the target of an aerobics session.

Rules:

1. Each participating member must wear a pedometer to measure their steps. These are given out by the HAWC staff members.
2. The participating member must sign up for an **aerobic class** conducted at the McGuire or Fort Dix Fitness Center.
3. You may participate in any amount of classes you wish.
4. Record on your tracking log the date of the class, length of time and number of steps gained from the class.
5. Awards are given if participant attains goals listed below.

Awards: Bring your recorded log to the HAWC for your award.

Participants who have attained the goal of 75,000 steps will receive a writing pad/pen set.

1. Participants who have attained the goal of 150,000 steps will receive a Tee Shirt

Registration begins on 10 Jan and ends 24 Jan....Programs Begins 10 Jan 2005 and Ends 21 Feb 2005