

## New For Fall 2005

### *What's Happening*

**Tell Us What You Are Doing**  
**for**  
*Maine in Motion's*  
**Fall into Fitness**

**Share Your Event Ideas, Activities or Photo's**

Submit your news by email to [staff1@mcd.org](mailto:staff1@mcd.org)

If published in our newsletter,  
we will send you the AE120 Pedometer  
with a leash!

To be eligible for the first giveaway,  
submissions must be received by October 12, 2005.



### Incentive Prizes

All Participants  
That register, complete the program and return the survey  
will be eligible for our Incentive Prize Drawing!

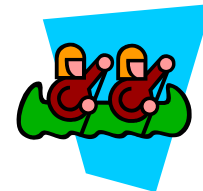
Prizes such as,

**A Canoe or Kayak**

**Walking Sticks**

**A Bicycle**

**Fitness Product Gift Certificates**



### Maine in Motion's Official Product Guide

**Now Available**

*Maine in Motion* Products

Order official *Maine in Motion*

pedometers, apparel and fitness gear.

Access the order form directly at:

[www.wsemerson.com/maineinmotion](http://www.wsemerson.com/maineinmotion)



### Our Sponsors

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## Using a Pedometer

1. To find the best place to wear your pedometer, place it on your waistline and take 50 steps. Check the pedometer. If it recorded 50 steps, you have found the best place to wear your pedometer. If you find it recording too many steps, move it towards your naval (away from your hip). If you find it not recording enough steps, move it towards your hip bone.
2. Attach the safety strap to avoid losing the pedometer.
3. If the pedometer fails, check the battery.
4. Wear your pedometer and record your steps.



## International Walk to School Day and Week

International Walk to School -

Day is October 5, 2005

Week is October 3-7, 2005

This is an opportunity to be part of a global event that celebrates the many benefits of walking.

In 2004, approximately 3 million walkers from 36 countries participated.

Registered schools have a chance to win pedometers and educational materials.

See which Maine schools are walking and Register online at [www.walktoschool.org](http://www.walktoschool.org)

## Tracking your Steps / Activity

### Determine a Baseline:

Record the total number of steps you take for 3 days, or record the number of days and minutes you are physically active for a week.

If using a pedometer, divide the total number of steps taken in all 3 days by 3. This number is your baseline.

If tracking your time, how many days per week and how many minutes per day did you get moderate physical activity?

### Set a Goal:

Set a realistic goal using the "tracking steps" and "tracking time" links from our website, "[www.mainephysicalactivity.org](http://www.mainephysicalactivity.org)"



## Physical Activity Tips

*Maine in Motion* is a 12 week program (8 weeks for school sites) using a pedometer to motivate you to get more physical activity each day.

1. Choose activities that you enjoy and that make you feel good.
2. Warm up and cool down with each workout.
3. Stay hydrated—drink water before, during and after activity.
4. Wear proper clothing and shoes.
5. Review your diet. Choosing the right foods will provide you with the energy you will need for increasing your activity.
6. Record your steps or minutes of moderate activity. See chart below for examples of light, moderate, and vigorous activities.

### Maine Governor's Council on Physical Fitness, Sports, Health, and Wellness

#### STAFF:

Elanna Farnham - [ecfarnham@adelphia.net](mailto:ecfarnham@adelphia.net)

Diane Campbell - [dianec@mcd.org](mailto:dianec@mcd.org)

Stacy Jochem - [staff1@mcd.org](mailto:staff1@mcd.org)

11 Parkwood Drive, Augusta, ME 04330 (207) 622-7566 ext. 233

[www.mainephysicalactivity.org](http://www.mainephysicalactivity.org)

