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STATE OF MAINE
GOVERNOR'S COUNCIL ON PHYSICAL FITNESS,
SPORTS, HEALTH, & WELLNESS
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AUGUSTA, MAINE 04330



www.mainephysicalactivity.org

September 2005

Dear "Maine in Motion" Participant:

Welcome to the "Maine in Motion" pedometer physical activity program. This twelve week program, developed by the Maine Governor's Council on Physical Fitness, Sports, Health, and Wellness, was designed to increase the level of physical activity in Maine people. The specific focus is to help Maine people move to a more active lifestyle using pedometers – the little device that tracks how far you walk every day.

Research has shown that pedometer use promotes increased activity and better health. We hope this pedometer program helps to put more activity in your life, and it will, if you set a goal for how many steps you are going to take every day, and use your pedometer to track your progress to that "step goal."

There is also a new component to this program that allows you to track your activity in "time" if a pedometer is not available to you. We encourage you to participate, be active, and have fun.

The *Maine in Motion* pedometer program Participant Guide was compiled from research conducted by Karen A. Croteau, Ed.D., Associate Professor of Sports Medicine at the University of Southern Maine and Catrine Tudor-Locke from Arizona State University. Elanna C. Farnham, *Maine in Motion* Program Coordinator, will provide the leadership for this project of the Maine Governor's Council.

The Maine Governor's Council on Physical Fitness, Sports, Health, and Wellness would also like to extend a sincere thank you to the sponsors of this program: The Stephen and Tabitha King Foundation, Eastern Maine Medical Center, Anthem Blue Cross Blue Shield, Dead River Company, Central Maine Heart and Vascular Institute, National Semiconductor, TD Banknorth, L.L. Bean, Creative Print Services, W.S. Emerson Company, and Hannaford Supermarkets. Their investment in time and money is truly a healthy investment in Maine people.

Your site coordinator has a participant guide (CD-R manual) that will be a useful tool for helping you become more physically active. We hope you will continue to incorporate new physical activities in your life well after this 12 week program is completed.

Sincerely,

A handwritten signature in black ink that reads "Joan Benoit Samuelson".

Joan Benoit Samuelson
Co-Chair

A handwritten signature in black ink that reads "Erik N. Steele, DO".

Erik N. Steele, DO
Co-Chair