



# COMMUNITY WALKING CLUB TOOLKIT



*Produced and distributed by:  
The Los Angeles County Department of Public Health, Area Health Office 5/6*

## Program Overview

The Community Walking Club Toolkit is designed to provide individuals, organizations and community groups information on the health benefits of walking, and to encourage and promote the use of physical activity into your daily routine. Each week, you'll receive a health promotion tip on a different topic related to walking.

Additional resources may also be found on the following internet site  
<http://www.choosehealthla.com/>

To keep track of your progress you may use the walking log on page 25 or ask your team leader to provide a copy.

If you participate in any group activities, you'll be asked to sign a waiver of liability.

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## Acknowledgements

This toolkit was produced and distributed by: The Los Angeles County Department of Public Health, Area Health Office 5/6

This toolkit was initially inspired by the Los Angeles County Department of Public Health, Health Education Administration: DPH *Walk for Wellness*.

The following groups contributed to the development of this toolkit:

- County of Los Angeles Department of Public Health:
  - Community Liaison Public Health Nurses: Service Planning Area 6
  - Chronic Disease & Injury Prevention Program: Injury & Violence Prevention Program
  - RENEW Los Angeles County
  - Choose Health LA
- County of Los Angeles Department of Parks and Recreation



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# Weekly Health Promotion

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# Week 1

## Exercise Guidelines

According to new physical activity guidelines from the US Department of Health and Human Services (DHHS), all adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount can gain health benefits. For substantial benefits, adults should aim for:

**At least 2 hours and 30 minutes a week  
of moderate-intensity physical activity\***

or

**1 hour and 15 minutes a week  
of vigorous-intensity physical activity\*\***

or

**An equivalent combination of moderate  
and vigorous-intensity physical activity**

Two and half hours each week sounds like a lot, but you don't have to do it all at once. Not only is it best to spread your activity out during the week, but you can break it up into smaller chunks of time during the day. The key is doing your activity at a moderate or vigorous effort for at least 10 minutes at a time.

For more on these guidelines, check out: <http://www.health.gov/PAGuidelines/>

\* Moderate-intensity activity means you're working hard enough to raise your heart rate and break a sweat.

\*\* Vigorous-intensity activity means you're breathing hard and fast, and your heart rate has gone up quite a bit.

## Week 1

### The Good News about Being Active

If you're inactive, you can improve your health and well-being by becoming even moderately active on a regular basis. Even more, physical activity doesn't have to be strenuous to achieve health benefits!

Physical activity reduces the risk of:

- Dying prematurely
- Dying from heart disease
- Developing diabetes
- Developing high blood pressure
- Developing colon cancer
- Feeling depressed

Physical activity also:

- Helps build and maintain healthy bones, muscles, and joints
- Reduces blood pressure in those who already have high blood pressure
- Promotes psychological well-being

For more information on the benefits of being active, check out:

<http://www.cdc.gov/physicalactivity/everyone/health/index.html>

### Before You Take One Step

Before you dive into a walking program, be aware that while walking is a low risk activity, you can still suffer from injury or overexertion if you have high health risks. According to the American College of Sports Medicine, you could be at risk if you:

- Have a family history of heart disease
- Smoke
- Have high blood pressure—equal to or greater than 140/90 mmHg
- Have high cholesterol—a total cholesterol greater than 200 mg/dL
- Are diabetic or obese
- Are a male 45 or older, or a female 55 or older

If any of these apply to you, be sure to check with your health care provider before beginning any form of physical activity.

#### Ice Breaker:

Everyone has a story to share; what or who encouraged you to join?

## Week 2

### What to Expect

The health benefits of walking have been proven in numerous studies. In fact, an eight-year study of 13,000 people found that people who walked 30 minutes a day had a significantly lower risk of premature death than those who rarely exercised. The bottom line? It's doable. In addition to lowering the risk of premature death, a regular walking program can help:

- Reduce blood cholesterol
- Lower blood pressure
- Increase cardiovascular endurance
- Boost bone strength
- Burn calories and keep weight down
- Promote psychological well-being

### Your Ultimate Goal

What is your ultimate goal? Is it to walk 10,000 steps a day? Is it to achieve two and a half hours or more of physical activity every week? Is it to take a daily walk around your community? Set your sights, then see what you can do!

### Smart Goals

Whatever your goal may be, make sure it's **SMART**:

**Specific**—know what you have to do daily to reach your goal.

**Measurable**—do you want to lose 10 pounds, or increase muscle strength by 5%?

**Achievable**—it's your goal, so you have to be able to achieve it.

**Realistic**—your goal should make you push yourself, but it should also be attainable.

**Time frame**—have a specific start and end date.

## Week 2

### How Do I Get There?

OK, so you've set your goal. Now what? Well, the key to reaching your objective and staying on track is easier than you think. All it takes is a little sweat and a healthy dose of determination. Below are a few guidelines to get you going in the right direction.

1. **Start small.** Begin by walking short distances—start with a five-minute routine and gradually increase your distance.
2. **No need to speed.** Walk at a comfortable pace, focus on good posture, and keep your head lifted and shoulders relaxed. As your program progresses, you'll feel more comfortable with increasing your speed.
3. **Strut your stuff.** Swing your arms naturally, and breathe deeply. If you can't catch your breath, slow down or avoid going up hills.
4. **Talk the talk.** But, be sure you can walk the walk! If you can't converse while you're walking, you are going too fast.
5. **Log in.** Start a log to keep track of your progress; ask your Community Walking Club Team Leader for an extra copy or examples. You'll see your improvement over time—not only physically, but on paper as well.

#### Walking Tip:

Recruit a friend or a co-worker to join you in your efforts to get more physically active.



## Week 2

### Food for Thought

Here are five questions for you to consider this week:

1. What are three reasons why you would like to become more physically active?
2. What goal/s did you identify? What results would you like to see 12 weeks from today?
3. What results would you like to see 6 weeks from today?
4. What is the one thing you can do that will make an impact on your health and wellness?
5. What are some barriers that you might need to overcome while pursuing your goals?

## Week 3

### Warming Up & Stretching

#### Getting Warm

Every workout should begin with a brief warm-up. Take a stroll around the house or office, or walk in place for a few minutes to get your blood flowing before you begin your daily walk. Increasing the temperature in your muscles and joints and increasing blood flow will make your walk more comfortable while reducing the risk of injury.

Never attempt to stretch cold muscles—you could risk tearing them! When planning your walking program, save the stretches for after your walk.

Finally, remember to end your walk with an appropriate cool down—slow down your pace as you approach the final 5 minutes of your walk.

#### Basic Stretches

Although walking primarily works the legs, it's important to stretch other parts of your body. Below are a few stretches to get you started. Hold each stretch for 15-10 seconds after completing your walk.

**Hamstrings:** Sit on the floor with your upper body erect and both legs straight out in front of you. Reach for your toes with both hands, leaning forward until you feel a stretch through the backs of your thighs.

**Quadriceps:** Stand with your left hand on a wall. Bending your right knee, grab your right foot with your right hand and slowly pull your foot up behind you until you feel a stretch through the front of your thigh. Repeat for the other leg.

**Shoulders and Back:** While standing or sitting, raise your arms above your head. Bend them at the elbow, and use your left hand to gently pull your right elbow toward the center of your back. Repeat for the other side.

**Hips:** Lie flat on your back with your legs straight. Raise your bent right knee toward your chest. Place both hands below the knee and continue to pull your knee to your chest. Repeat for the other hip.

## Week 3

### Food for Thought

Here are five questions for you to consider this week:

1. Do you have family, friends, or co-workers who encourage you to become more physically active? If so, who?
2. In what ways would your being more physically active benefit your family?
3. What personal, health, or social problems has poor physical condition caused for you or your family, if any?
4. Have you ever attempted to become more physically active but failed? What went wrong?
5. What sacrifices have you made to fit regular physical activity into your schedule?

#### **Walking Tip:**

If the weather's bad, bring your routine inside. Try using a treadmill, walking in the mall, or finding an exercise program online, on TV, or on DVD!

## Week 4

### Walking Correctly – Walk this Way

It might sound crazy, but it's possible to walk the wrong way. Improper walking technique can actually cause strain on your body and even result in injury.

#### A few dos and don'ts:

- 1 Don't:** Over stride—when you try to walk fast, you often lengthen your stride in the front, reaching out further with your forward foot. This increases the risk of straining your leg muscles.  
**Do:** Take shorter, quicker steps. If you want to move quickly, taking shorter, quicker strides is the way to go.
- 2 Don't:** Have stiff arms. Straight, motionless arms act like a long pendulum, slowing you down. Lack of arm movement can also throw off your balance as you walk.  
**Do:** Bend your arms at 90 degrees and swing them naturally back and forth, opposite the leg motion—you can add power and speed by using your arms effectively.
- 3 Don't:** Put your head down—walking with your head down could cause back, neck, and shoulder strain.  
**Do:** Look up! Good posture for walking allows you to breathe well. Your chin should be parallel to the ground, and your eyes should focus on the street or track 10 to 20 feet ahead.
- 4 Don't:** Angle your body—leaning your body forward or backward doesn't contribute to speed or good technique. In fact, leaning can result in back pain.  
**Do:** Stand up straight but with relaxed shoulders, chin parallel to the ground. Your back should have a natural curve—if you feel a strain in your lower back, you're probably not in a relaxed position

## Week 4

### Managing Pain

Tips for dealing with pain and injury:

- 1 Don't:** Use heat to treat an injury—heat increases blood flow to the area and results in more swelling.  
**Do:** Treat your injuries with gentle icing—it numbs the affected area and prevents pain and swelling.
- 2 Don't:** Continue walking if you feel any pain—by neglecting your pain, you risk worsening the injury.  
**Do:** Use ice or take over-the-counter pain relievers to alleviate the pain. For more serious injuries, call your health care provider.

### Food for Thought

Here are five questions for you to consider this week:

1. Who and/or what makes your workout more enjoyable?
2. What physical changes, if any, have you noticed since starting to walk regularly?
3. Do you have moral support from family, friends, and co-workers?
4. What's your favorite aspect of exercise (e.g., burning calories, relieving stress, health benefits, etc.)? What can you do to maximize this?
5. Do you remember the three reasons you chose to become more physically active? Write them down, and keep them with you!

## Week 5

### Fitting Walking into Your Schedule

#### *Clocking In*

Busy, busy, busy. Everyone is fighting the time crunch these days, and in the rush to fit in the rest of our lives, our workouts often get short shrift. Don't let your exercise routine fall to the bottom of your priority list—making time for exercise is not as difficult as it seems. When you break down your day, you will be surprised at how much physical activity you can fit in—even if it just means 10 or 15 minutes at a time!

#### *Tricks of the Trade*

1. **Put it on paper.** When you have a dentist appointment, you write it in your planner. It's the same with business meetings. Why not schedule a time for your workout? Put it in your planner and stick to that time slot.
2. **Look for small blocks of time.** You don't need 60 or 90 minutes to get a good workout. A simple fitness routine can take as little as 15 minutes. Search your daily routine for small periods of downtime, and then make them count. And ask your Program's Wellness Committee representative about scheduling exercise breaks!
3. **Schedule early bird workouts.** Set the alarm one hour earlier and go for a walk. It may take a while to become accustomed to the new schedule, but you may discover that early morning workouts complement your schedule the best.
4. **Walk around the block.** Sometimes the best time to exercise is at home after work. Taking a walk around the neighborhood is convenient and inexpensive.

## Week 5

### Food for Thought

Here are five questions for you to consider this week:

1. What are the motivational factors influencing you to increase your amount of physical activity?
2. What healthy eateries are nearby that you could walk to for lunch instead of driving?
3. What social forces (people, places, and policies) help you to increase your amount of physical activity?
4. What materials and/or resources (e.g., fitness articles, gym membership, friends, etc.) would best help you reach your goal?
5. Is your work and home environment a hindrance to being physically active? What steps can you take to improve this?

#### Walking Tip:

Never pass up a chance to walk. Keep a pair of walking shoes at work, so when the time comes, you're ready!

## Week 6

### Maximizing Your Workout: Frequency, Intensity, and Duration

- **Focus on frequency.** As you become more accustomed to your walking routine, try increasing the number of times you walk each week—this will get you out of your comfort zone. The more you push yourself, the greater the rewards will be.
- **Pick up the pace.** To boost your intensity, try increasing your speed. Walking faster requires more of an effort and can certainly step things up—not to mention burn some extra calories.
- **Go for the long haul.** Increase the duration of your workouts by walking a little longer each time. This doesn't have to be a drastic change—rather, start by lengthening each walk by five minutes.

### Food for Thought

Here are five questions for you to consider this week:

1. Are your current reasons for being physically active the same as when you began this program?
2. What results have you observed in these past 6 weeks?
3. What barriers have you overcome in your efforts to reach your goal?
4. What barriers do you feel exist right now?
5. Are you prepared to keep up with your exercise program beyond the next six weeks?

#### Walking Tip:

Start counting calories that you consume and expend. Combining a healthy diet with physical activity is a great way to round out a healthy lifestyle!





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## Walking Club Tips

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Community Walking Club Weekly Health Promotion Tips



**Community Walking Club  
Weekly Health Promotion Tips**



**Community Walking Club Weekly Tip**

Research has shown that it takes about three months to change a behavior and about six months to make a new behavior a routine in your life.

You're a few steps closer to a healthier you! The County of Los Angeles Department of Public Health supports physical activity; congratulations on your decision to be active!



**Community Walking Club Weekly Tip**

Why start walking? Exercising as little as 30 minutes each day reduces your risk of heart disease. Walk more, eat better. Live a longer healthier life.



**Community Walking Club Weekly Tip**

Sometimes you may recognize the signs of stress before you even realize you are stressed. Once you recognize the things that cause stress, you can make a plan to reduce that stress. Be good to your body.

Regular exercise can help direct your attention away from daily stress. Eating a low-fat, low-sugar diet with plenty of fruits and vegetables can boost your physical and mental health as well.



**Community Walking Club Weekly Tip**

Re-think your drink. Are you drinking your calories? Instead of having a 20 ounce orange fruit drink...try 8 ounces of 100% orange juice.

By switching to this low calorie alternative you'll save 176 calories. By choosing a diet can soda over regular you'll save an additional 135 calories.



**Community Walking Club Weekly Tip**

**Spot The Block**

Check the nutrition facts label on food packages. Serving Size-one package may contain more than one serving Consider the calories: 40 calories is low 400 calories is high

Choose nutrients wisely. Pick foods that are lower in saturated and trans fats, sodium and cholesterol (5% daily value is low) Nutrients to get more of: Potassium, fiber, vitamins A & C, iron and calcium

Community Walking Club Weekly Health Promotion Tips

Community Walking Club Weekly Tip 

Where we live determines our eating and physical activity habits-if neighborhood stores carry only junk food, chances are that is what we will eat.

Research has shown that we are more likely to eat fruits and vegetables if they are available at our stores.

Community Walking Club Weekly Tip 

**Walk your Dog**

Did you know that walking your doggie can improve your health as well as your pets?

Some walking benefits for you:  
Helps you get recommended amount of physical each day  
Improves heart health  
You can relax and feel better  
Meet new people

Some walking benefits for your dog:  
Improves dog's heart health  
Prevents obesity in dogs and helps those that are overweight to lose weight  
Improves dog's overall behavior  
Helps dog find its way home

Community Walking Club Weekly Tip 

In an emergency, strong communities can be the key to survival...

Connect with your neighbors  
Be prepared to respond

The healthier you are...the better your response will be to an emergency!

## Maintaining Your Routine

### Keeping it up

Congratulations, you've made it to the end of your program! But before you box up your walking shoes, think about this: To maintain the health benefits you've gained, you need to keep it up! Here are some pointers to consider:

#### *Set new goals.*

Whether or not you have reached your initial goals, take a look at how you've progressed. If you have met your goals, it's time for a new challenge— this may involve walking a greater distance or being active for a longer time.

#### *Have fun and introduce variety.*

One of the most important elements to an exercise routine is the "fun factor." If your workout involves something you enjoy, it's more likely that you'll stick with it. Getting a membership to a gym or buying fitness DVDs can supplement your current exercise program.

#### *The More, the Better!*

Remember those physical activity guidelines from the first newsletter? DHHS recommends that adults get at least two and a half hours of moderate-intensity activity per week, or one hour and fifteen minutes of vigorous-intensity activity per week. Consider taking it to the next level.

For more extensive health benefits, adults should increase their aerobic physical activity to 5 hours a week of moderate intensity, or 150 minutes a week of vigorous-intensity physical activity, or an equivalent combination. And, even more health benefits are gained by engaging in activity beyond this amount!

### Progress Personally

#### *Recognize your accomplishments.*

Take the time to congratulate yourself on the progress that you've made.

#### *Attitude is everything.*

Think positive! Keeping a positive outlook can help you overcome obstacles and ultimately achieve your goals—and more!

#### *Become a role model!*

Encourage others to join you in your efforts to lead a healthy lifestyle, and get involved in your Program's Wellness Ambassador's efforts. Sharing your achievements may be just the motivation your office-mate needs.

# Maintaining Your Routine

## Food for Thought

Here are five questions for you to consider:

1. Did you meet your goal for this program?
2. Are you going to keep up your exercise routine even though this program is over?  
Why or why not
3. What can you do to ensure continued progress with your level of physical fitness?
4. How do you reward yourself when you meet your goals?
5. How can the Department of Public Health help you to achieve wellness?

### Walking Tip:

Go for a walk with your family after dinner or over the weekend. You'll enjoy the company, and it's a great activity for all ages.

## Staying Safe

It's unfortunate, but like any other type of physical activity, walking can result in injuries and accidents. However, many of these mishaps can be avoided if you properly plan, and follow a few guidelines:

1. Walk in numbers.
2. Wear colors that are bright and reflect in the night.
3. Walk in lighted areas.
4. Carry a whistle or cell phone to use if you need help.
5. Tell someone when you're going for a walk and when they should expect you back.
6. If you're walking alone, select a route that is highly visible to other people—if others can see you, you'll increase your safety.
7. Walk so that oncoming traffic is facing you.
8. Use crosswalks when crossing streets and obey traffic signals.
9. Bring your dog with you.
10. If you wear an iPod, MP3 Player, or listen to music, try to keep the volume to a minimum so you're still aware of your surroundings.

### Dodging Dogs

1. Maintain a safe distance between yourself and the dog—even if it is being walked on a leash.
2. Don't always assume it is all right to approach a dog—always ask permission from the owner before doing so.
3. Never approach a dog that is barking, snarling, sleeping, eating, or nursing.
4. Avoid staring a dog in the eyes.
5. Keep an object between you and the dog, such as a tree, post, or bench.
6. Speak softly to a dog to calm it—"Good dog, it's OK, go home."

## Staying Safe

### Slow and Steady Wins the Race

If there is one mistake you want to avoid when exercising it is this: Overdoing it.

Plain and simple, if you push your body harder than it's ready to be pushed, you'll run the risk of injuring yourself. Whether its muscle soreness, sprains, or strains, it could be enough to temporarily set you back, or even worse, sideline you for good—something you definitely don't want to happen!

Just remember: if you stay on track without overdoing it, you're going to reap benefits and see significant change in the long run

### Food for Thought

Here are five questions for you to consider:

1. Does exercising outdoors intimidate you? Why?
2. Do you let family and/or friends know where and when you're exercising?
3. Is there someone you could invite to join you when you exercise outside at night?
4. Do you have a plan in place in case an accident or injury occurs?
5. What is the most likely accident that could happen while exercising by yourself outdoors? How can you prevent this accident from happening?

#### Walking Tip:

Mix it up. Select a range of routes that incorporate various challenges. For example, a trail through the park can be a nice change from a walk in the neighborhood!



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## Tools & Resources

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## Martin Luther King, Jr. Center for Public Health Services and Information



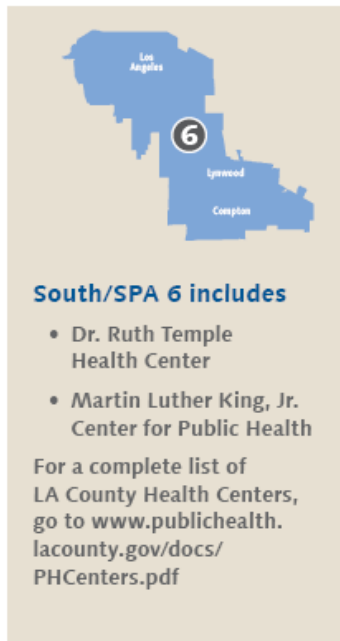
The Center for Public Health offers free and low-cost public health services for those who do not have health insurance or a regular doctor. The following services are available:

- Immunizations
- Tuberculosis (TB) Testing and Treatment
- Sexually Transmitted Disease (STD) Testing and Treatment

### Martin Luther King, Jr. Center for Public Health

11833 South Wilmington Avenue  
Los Angeles, CA 90059  
(323) 568-8100

Open Weekdays: 8 am – 5 pm  
Hours are subject to change.  
Please call first to confirm.



### South/SPA 6 includes

- Dr. Ruth Temple Health Center
- Martin Luther King, Jr. Center for Public Health

For a complete list of LA County Health Centers, go to [www.publichealth.lacounty.gov/docs/PHCenters.pdf](http://www.publichealth.lacounty.gov/docs/PHCenters.pdf)

### Walk-In Clinic (No Appointment Needed)

Patients are seen on a first-come, first-served basis until service provider capacity is reached.

#### REGISTRATION HOURS FOR WALK-IN CLINIC:

- **Immunizations**  
Monday-Friday, 8 am-10:30 am and Noon to 2:30 pm
- **Communicable Disease & Triage (Nurse Clinic)**  
Monday-Friday, 8 am-10:30 am and Noon-2:30 pm
- **Sexually Transmitted Disease Testing & Treatment**  
Monday, Tuesday and Thursday, 8 am-10:30 am, Noon-2:30 pm;  
Wednesday, 8 am-5 pm; and Friday, 8 am-10:30 am

### Preparing for Your Visit

There is often a line for services at the Center for Public Health.

These tips will help you get ready for your visit:

- Be prepared to wait. Bring a book, crossword puzzle, or other activity to keep you busy during your wait. If you are bringing children, this is even more important. Activity books are suggested.
- Eat something before you arrive. Eating and drinking are not allowed.
- Children must be accompanied by an adult at all times.
- If your child is getting an immunization, bring his or her yellow Immunization Card so it can be updated.
- Be on time if you have a follow-up appointment or it may be rescheduled; if you need to cancel an appointment, do so at least 24 hours in advance.



**Did you know that Public Health ...**

- Inspects and grades restaurants, markets, and food trucks to prevent food-related illnesses?
- Monitors ocean water and swimming pools to ensure safe swim areas?
- Treats people with sexually transmitted diseases and HIV/AIDS?
- Helps residents prepare for natural and human-caused emergencies and disasters?
- Inspects and licenses hospitals and nursing homes?
- Controls animals, rodents, and insects that may cause disease?
- Makes home visits to coordinate the care of high-risk pregnant women?
- Provides laboratory services to identify diseases and health hazards?

**Keep up with the latest news from the Department of Public Health**

Website: [www.publihealth.lacounty.gov](http://www.publihealth.lacounty.gov)

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 Director/Health Officer



1001 English

*The Los Angeles County Department of Public Health's mission is to protect health, prevent disease, and promote the health and well-being of all persons in Los Angeles County*

**How Does Public Health Help the Community?**

The Department of Public Health is prevention-focused and works in many areas to protect and improve the health of our community.

Whether inspecting a restaurant, beach, or nursing home; treating an infectious disease at a public health center; responding to outbreaks or emergencies, such as a pandemic or earthquake; educating the public and community leaders through events and meetings; conducting surveys to assess the health of the population; or creating policies focused on health improvement,

the department's work can be seen and felt throughout Los Angeles County's 4,300 square miles.



Day in and day out, the nearly 4,000 employees who staff the department's 39 programs are committed to protecting the health of LA County residents and making the community a better, and healthier, place to live.



# Physical Activity

## Overview: Physical Activity

Physical activity is movement of the body that uses energy. This is key to a healthy weight and an overall healthy lifestyle, along with a healthy diet. Experts recommend that in order to maintain a healthy weight, adults should do a minimum of 30 minutes of moderate physical activity (walking, jogging, mowing the lawn) most days of the week. More exercise is needed if weight loss is your goal.

## Benefits of Physical Activity

Regular amounts of physical activity are not only needed to keep a healthy weight, but are also valuable for your overall health and well-being. Regular physical activity can:

- Improve self-esteem and reduce feelings of depression and anxiety
- Help build and maintain strong bones, muscles and joints
- Increase flexibility and posture
- Help control blood pressure and cholesterol
- Reduce your risk of stroke, type 2 diabetes and heart disease

## TIP #1: Incorporate Physical Activity into Daily Activities

Being physically active does not mean you have to go to the gym, run a marathon or commit large amounts of time. Even small amounts of physical activity can be beneficial to your health. Here are a few ways that will help bring more physical activity into your day.

- Walk, bike, skate or jog to work, school or the store.
- Instead of taking the elevator or escalator, take the stairs.
- Park your car away from your destination and walk the extra distance.
- Get off the bus one or two stops earlier, and walk the rest of the way.
- Play with your children or take the dog for a walk.
- Take 10-minute fitness breaks at work to walk, stretch or climb up and down the stairs.

L.A. County Department of Public Health– Print Materials Committee: 2-9-2009

## Community Walking Club Checklist

- Authorizations
- Disclaimers
- Consents
- Sign Up Sheets
- Sign In Forms
- Banner
- Incentive Request Forms
- Walking Presentation Schedule

**Walking Log**

Dates:	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
	Miles	Minutes	Miles	Minutes	Miles	Minutes	Miles	Minutes	Miles	Minutes	Miles	Minutes
Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												
<b>Weekly Totals</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>





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- Michael D. Antonovich  
Fifth District

### CONSENT FORM FOR INTERVIEW AND/OR PHOTOGRAPHY

I give my consent to be interviewed and/or photographed for use by the Los Angeles County Department of Public Health. I understand that my interview and/or photographic image may be used in print or digital/electronic form (e.g., publications, website, advertising, stock photo library) and may recognize my association with the LA County Department of Public Health.

Full Name (print) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP code \_\_\_\_\_

Phone > Home \_\_\_\_\_ Cell/Work \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

**Minor Consent**

If you are a parent/legal guardian signing on behalf of a minor, please also complete the portion below.

Minor's Full Name (print) \_\_\_\_\_

Relationship \_\_\_\_\_

Revised: 10/09



**JONATHAN E. FIELDING, M.D., M.P.H.**  
Director and Health Officer

**JONATHAN E. FREEDMAN**  
Chief Deputy Director

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Fifth District

### CONSENTIMIENTO PARA ENTREVISTA Y/O FOTOGRAFIA

Yo doy mi consentimiento de ser entrevistado(a) y/o fotografiado(a) para el uso oficial del Departamento de Salud Pública del Condado de Los Ángeles. Entiendo que mi entrevista y/o fotografía puede ser utilizada en forma impresa o formato digital/ electrónico (por ejemplo, publicaciones, página de Internet, publicidad, y en la colección de fotografías) y puede reconocer mi asociación con el Departamento de Salud Pública del Condado de Los Ángeles.

Nombre completo (letra de molde) \_\_\_\_\_

Dirección \_\_\_\_\_

Ciudad \_\_\_\_\_ Estado \_\_\_\_\_ Código Postal \_\_\_\_\_

Teléfono > Hogar \_\_\_\_\_ Celular/Trabajo \_\_\_\_\_

Firma \_\_\_\_\_

Fecha \_\_\_\_\_

**Consentimiento de un menor**

Si usted es un padre/tutor legal firmando en nombre de un menor, por favor llene la siguiente parte.

Nombre completo del menor (letra de molde) \_\_\_\_\_

Relación \_\_\_\_\_

Revised: 3/11

## Walking Club Membership Waiver of Participation

I \_\_\_\_\_ agree that as a participant of \_\_\_\_\_  
(Name of Park) Walking Club, I am aware that voluntarily participating in group physical activities are potentially hazardous and could cause injury or death.

With my signature, I certify that I am medically able to perform all activities associated with the club and am in good health as determined by my healthcare provider.

I agree to abide by all rules established by the club.

I assume all risks associated with being a member of this club and participating in club activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the park, all such risks being known and appreciated by me.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature if under 18 years: \_\_\_\_\_ Date: \_\_\_\_\_



# Sign In Form

## Community Walking Club

Site Name: \_\_\_\_\_ Date: \_\_\_\_\_

Last Name	First Name	Cell Phone	Email Address
1.			
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## Train the Trainer

For Information on a Train-the-Trainer workshop please contact your wellness coordinator

## References

Los Angeles County Department of Public Health, Health Education Administration: DPH  
*Walk for Wellness*

<http://intranet.laph.local/ph/Resources/Wellness/walking.htm>

Los Angeles County Department of Public Health, Public Health Nursing: Health  
Education Materials

<http://publichealth.lacounty.gov/wwwfiles/ph/PH/PHN/Physicalactivity.pdf>

## Additional Resources

### **Center for Disease Control and Prevention**

Physical Activity for Everyone

<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>

### **US Department of Health and Human Services**

National Institute of Health

National Heart Lung and Blood Institute

Body Mass Index (BMI)

<http://www.nhlbisupport.com/bmi>

