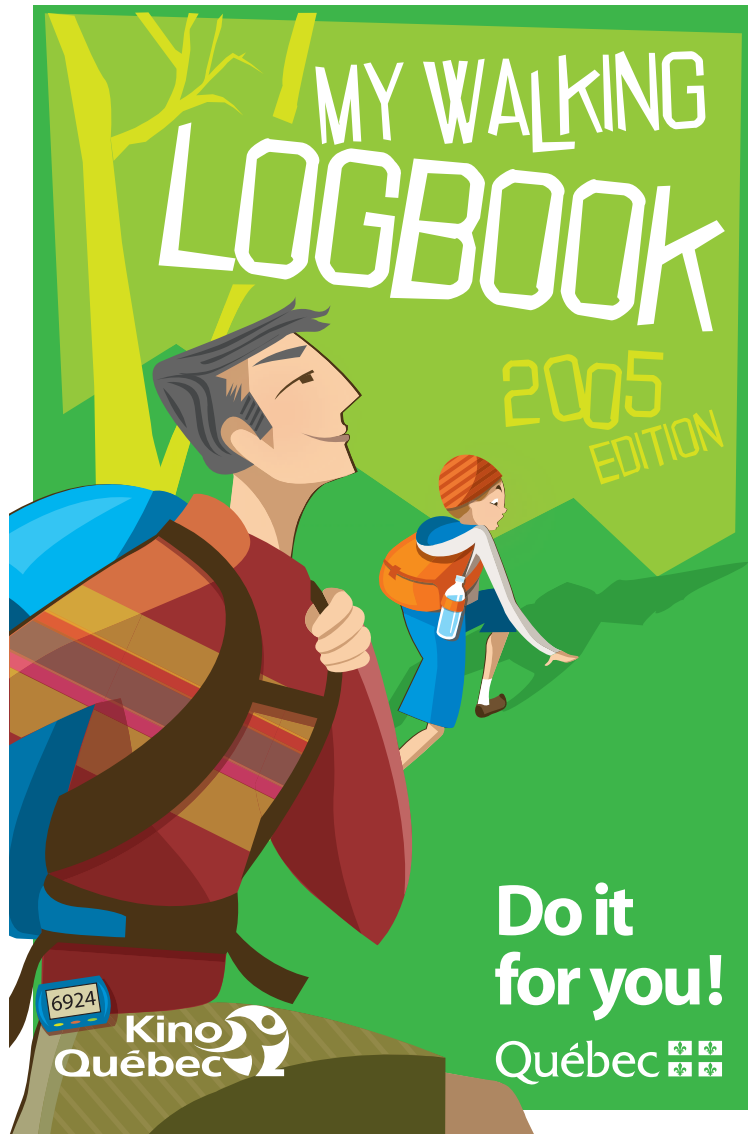




www.kino-quebec.qc.ca



Kino-Québec is a program of the ministère de l'Éducation, du Loisir et du Sport, the ministère de la Santé et des Services sociaux and the agences de développement de réseaux locaux de services de santé et de services sociaux.



**Do it
for you!**



Québec 



I will use the STAIRS at work

In addition to walking, taking the stairs is a simple and effective way to include exercise in your daily routine. Taking the stairs burns twice as many calories as walking and is often faster than waiting for the elevator! But most of all, it's excellent for your health because it improves the muscular strength of your legs and your aerobic capacity.

Your first challenge is to boycott elevators and use the stairs every day. If the number of floors seems a little high, start with a few floors and take the elevator the rest of the way. Your challenge will then be to add a floor each week.

WALKING will be my preferred means of travel



Although it's sometimes difficult to devote part of your spare time to walking, there's another way to become physically active—opt for active modes of transportation, which means using muscular energy to get around. Like cycling and inline skating, walking is an active mode of transportation that can easily be included in your daily travels.

Your second challenge is to walk or use your bicycle to

- Do your shopping
- Go to work. If the distance is too great, park your car further away and walk the rest of the way. Do you take public transit? Get off sooner and walk!

I will rediscover my neighborhood/town on FOOT



The best way to discover the wonders of your neighborhood or town is to go on a walking tour, explore park trails, walk your dog, or take a stroll in the moonlight with your sweetheart.

What could be more wonderful than discovering your community on foot? Remember to note the new walking areas you discover as well as the cafés, restaurants, and other unexpected delights you come across. Throughout the month of October, you'll also find activities at www.kino-quebec.qc.ca, suggested in cooperation with the Rues principales Foundation.

I will go for a HIKE in my free time



Fall is the ideal season to hike and discover the magnificent trails, parks, and sites that shape the Québec landscape. Kino-Québec and Fédération québécoise de la marche challenge you to discover one hiking trail per week. In this logbook, you'll find the trails that are listed as part of the **Mon style de marche** campaign.

Whether you choose the suggested trails or other walking areas, the goal is to complete one hike per week.

PEDOMETERS



How do they work?

A pedometer is a tool equipped with a mechanism that counts the number of steps you take and displays the total. It can provide the motivation you need to become more active.

Where should I wear it?

Attach it to your belt or pant, above your knees.

To help me achieve my goal

The first week

- I will record every walk of 10 minutes or more I take in a single day.
- If I use a pedometer, I will wear it all day and record the total number of steps I take each day.

I will set a realistic goal each week

I will increase my daily walks by 10 minutes or 1,000 steps.

It will be easier to make walking part of your daily activities if you take every opportunity to walk—shop on foot, walk your dog, take a relaxing stroll, or go for a walk with your family.

Every time you add 10 minutes or 1,000 steps per day, make sure you are comfortable with this extra amount before you continue on to the next step—which is adding another 10 minutes or 1,000 steps!

My ultimate goal

is walking a minimum of 30 minutes or 3,200 to 4,000 steps per day. To meet my objective, I will try to do the following:

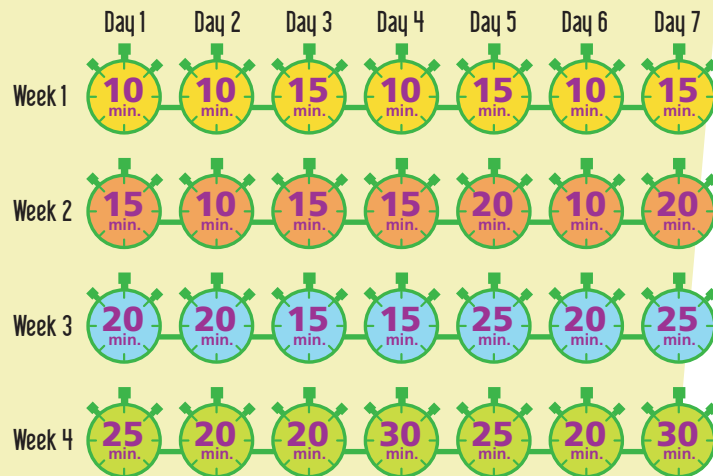
- I will walk every day or almost every day.
- I will add up all walks of 10 minutes or more I take each day.
- I will walk at a brisk pace.

Remember:
your 30 minutes
of walking or
3,200 to 4,000
steps is in
addition to your
daily activities.

I will achieve my goal in four weeks

If you don't walk much, 30 minutes a day may seem like too much. To help you, here is a calendar indicating the number of minutes you should walk per day. This will make it easier to make walking part of your daily activities in just four weeks.

Are you an experienced walker? Visit the Kino-Québec website to find a program that suits you.



Our lifestyle of cars and TV and office jobs is not much of an incentive to walk. Yet walking is the most natural form of exercise there is. It's also one of the easiest and least expensive. The **Mon style de marche** campaign aims at encouraging more adults to make walking part of their daily lives.

Because it's easy and even fun to make walking a daily habit, Kino-Québec has some challenges for you: climb the stairs, walk to work, rediscover your neighborhood on foot, and hike as a recreational activity.

Whichever challenge you choose, put on a good pair of shoes between **October 1 and 31, 2005**, and discover what kind of walker you are. This year, the campaign is being run as part of the *Vas-y, fais-le pour toi!* healthy eating promotion.

Walking every day—or almost every day—is good for your health!



I will meet a challenge

From October 1 to 31, 2005, I will discover what kind of walker I am by meeting one of the following four challenges:

- 1 ▶ I will use the stairs at work.
- 2 ▶ Walking will be my preferred means of travel.
- 3 ▶ I will rediscover my neighborhood/town on foot.
- 4 ▶ I will go for a hike in my free time.

I will click to find out more

I will visit the Kino-Québec website at www.kino-quebec.qc.ca to learn more about walking, pedometers, and diet.

I will develop a walking plan

using the "baby steps" strategy.

In addition to my daily activities, I will add

- ▶ 30 minutes of walking per day or
- ▶ 3,200 to 4,000 steps per day, if I use a pedometer.

Did you know ... Adults should do 30 minutes of moderate exercise—such as rapid walking—per day to gain health benefits. Not in the habit of exercising? Plan on 10 minutes per day to start, then increase gradually. What's important is to meet the ultimate goal of 30 minutes per day.