Welcome to Turkey Trot, the healthy, fun way to start your holidays. This 6-week aerobic program may be just the motivation you need to stay active through the holidays and all winter long.

Whether you like to walk, run, cycle, swim, rollerblade, or any other aerobic activity, you’ll get fit and enjoy the camaraderie of Turkey Trot.

Who Is Eligible
Everyone. With beginner, intermediate, and advanced levels as well as multiple aerobic activity choices, everyone can be more active—for the holidays and beyond.

Program Timeframe
Turkey Trot begins on Monday, October 18th and ends on Sunday, November 28th.

How It Works
Your goal is to participate in 30 days of aerobic* physical activity during the course of this 6-week program. This averages out to be 5 days of physical activity each week. At the beginning of the program, participants can choose which level of physical activity they would like to aim for throughout the program:

- Beginner = 30 minutes of physical activity, 5 days/week
- Intermediate = 45 minutes of physical activity, 5 days/week
- Advanced = 60 minutes of physical activity, 5 days/week

Each “turkey track” is equivalent to 1 day of physical activity. Move your pushpin one set of tracks for every day that you complete the minimum physical activity requirement of the activity level you chose at the beginning of the program.

For Maximum Benefit
Aim for 30-60 minutes of continuous aerobic activity (depending on which activity level you choose) 5 or more days a week. If you can’t find time for continuous activity, break it into 2 or more 10-15 minute chunks before work, over lunch, during a break, or whenever you can get out and get moving. To know you’re at the right intensity, you should be able to carry on a conversation while exercising, but not sing (as you would in the shower).

To Sign Up for an Introductory Meeting (or to have program materials mailed to your site so you can hold your own introductory meeting), contact: Abbie O’Toole at aotoole@cccsig.org by October 13th, 2010.

*Aerobic activity is the kind of physical activity that requires the heart and lungs to work harder to meet the body’s increased oxygen demand. Examples of aerobic exercise include brisk walking, jogging, swimming and bicycling.
Benefits of Regular, Physical Activity
- More energy
- Reduced stress levels
- Feel better and look better
- Lose or maintain weight
- Stronger bones and muscles
- Easier to move
- Helps with arthritis and diabetes management
- Reduces the risk of many chronic diseases
- Helps raise good cholesterol (HDL)
- Better mood, more positive outlook and confidence
- Helps with depression (exercise gives access to the body’s natural anti-depressants)

Expert* Recommendations for Physical Activity
Cardio (aerobic): 30 minutes of moderate intensity activity, 5 days/week
Strength: Strength training of moderate intensity at least 2 times a week
Stretching: Stretching the major muscle groups 2-3 times a week
*American College of Sports Medicine

Things to Consider Before Starting
- Getting a partner is highly recommended as studies have shown those who are physically active with a partner or group are most successful in sticking to a program. Also, it is safer to be with someone rather than being alone.
- Always wear comfortable foot gear that provides good support.
- Safety is important. If you are just beginning to be active, take it slow at first and gradually build your program. Most adults do not need to see their physician before starting a moderate intensity physical activity program.
- If you plan to start a vigorous program (over 60% maximum heart rate) and are a man over 40 or a woman over 50 with a chronic disease or risk factors, check with your physician before starting.

Risk Factors
- Family history of heart disease
- Cigarette smoking (current and those who quit within the previous 6 months)
- High blood pressure (>140/>90)
- High blood cholesterol (>200 mg/dl Total Cholesterol or >130 mg/dl LDL)
- Impaired fasting glucose
- Obesity
- Sedentary lifestyle