



REEDCHIROPRACTIC



Path to Wellness

Chiropractic • Nourishment • Movement • Rest • Mental Wellbeing

Dear Patients,

Congratulations! You have chosen to take the first step to improving your health by becoming an active participant in your health. I created the Path to Wellness Plan because I see so many patients in our office who want to make changes in their lives, whether it be exercising more, eating better, sleeping better, or just living overall healthier lives, but don't know where to start. Remember, change is easy, thinking about change is always more difficult.

The Path to Wellness Plan incorporates the Five Essentials of Health which I believe are necessary for you to practice in order to live a healthier life. By moving, resting, eating well, keeping your nervous system balanced through chiropractic care, and practicing positive mental health you are doing what is necessary to live a life free of sickness and disease.

I recommend starting out with a six week goal of following our 6 week plan outline. During the next six weeks if you ever feel discouraged or need some help or new ideas on how to stay motivated, feel free to ask any one of our team members. As you go through our Path to Wellness Plan I ask you to think about the following:

In the long run, we shape our lives and we shape ourselves. The process never ends until we die, and the choices that we make are ultimately our responsibility. ~ Eleanor Roosevelt

Again, I congratulate you on making a commitment to wellness. Good Luck!

In Health,

Dr. David T. Reed

Chiropractic Care

Long term chiropractic care shown to reduce health care costs, improve health behaviors, and enhance patient perceived quality of life.

In a study published in the Journal of Vertebral Subluxation Research (2005), It was found that long term chiropractic care could influence basic physiological processes affecting oxidative stress and DNA repair. These findings offer a scientific explanation for the positive health benefits reported by patients receiving chiropractic care.

The researchers measured serum thiol levels (serum thiols are primary antioxidants, and serve as a measure of human health status) in 25 patients under short term chiropractic care (6 weeks), and 21 patients under long term chiropractic care (greater than 2 years). The results were compared to those of a non-chiropractic control group of 30 subjects. Symptom-free or primary wellness subjects under chiropractic care demonstrated higher mean serum thiol levels than patient with active disease, and produced come values that were higher than normal wellness values in non-chiropractic subjects. The serum thiol test provides a surrogate estimate of DNA repair enzyme activity, which has been shown to correlate with lifespan and aging.

The Importance of Chiropractic Adjustments and Restoring Proper Motion to the Spine

Chiropractic care assists in restoring health and maintaining health by removing restrictions in spinal joints and thereby allowing the controller of all cell, organs and systems (the nervous system) to function in homeostasis.

According to the Journal of Rehabilitation and Development (March 2006), “Spinal motion plays a significant role in maintaining upright posture and balance and reducing shock transmission to the head during gait.”

Not only does proper spinal motion allow for proper biomechanics like walking straight and to keep from falling over while standing or moving; it assists in healthy physiology. Dr. Roger Sperry (Nobel Prize winner for brain research) stated, “Ninety percent of the stimulation and nutrition is generated by the movement of the spine.”

When the spine and spinal joints do not move properly muscular and neurological degeneration begin within fourteen days. These dysfunctions begin the inflammatory process, soft tissue and joint malfunction and nerves mis-communicate information to/from the body. Symptoms are expressed in posture, balance, coordination, learning, attention, focus, memory and feeling of wellbeing.

Researchers in Clinical Biomechanics (1987) journal related immobilization of the spine/spinal joints as a “factor in musculo-skeletal degeneration” and that spinal joint restriction “is not only the cause of osteoarthritis but that it delays the healing process.”

Hippocrates (450 BC) attributes proper movement as a primary prevention of disease. He is quoted, “If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.”

“What makes chiropractic so effective is the importance of segmental motion with respect to neuromusculoskeletal and overall health and quality of life”, stated Dr. James L. Chestnut MSc, DC, CCWP. Based on his review of peer-reviewed literature, spinal adjustments affect nociception (pain) and proprioception (movement) pathways to the brain. He also found that lack of spinal motion is a stressor causing negative effects on overall health.

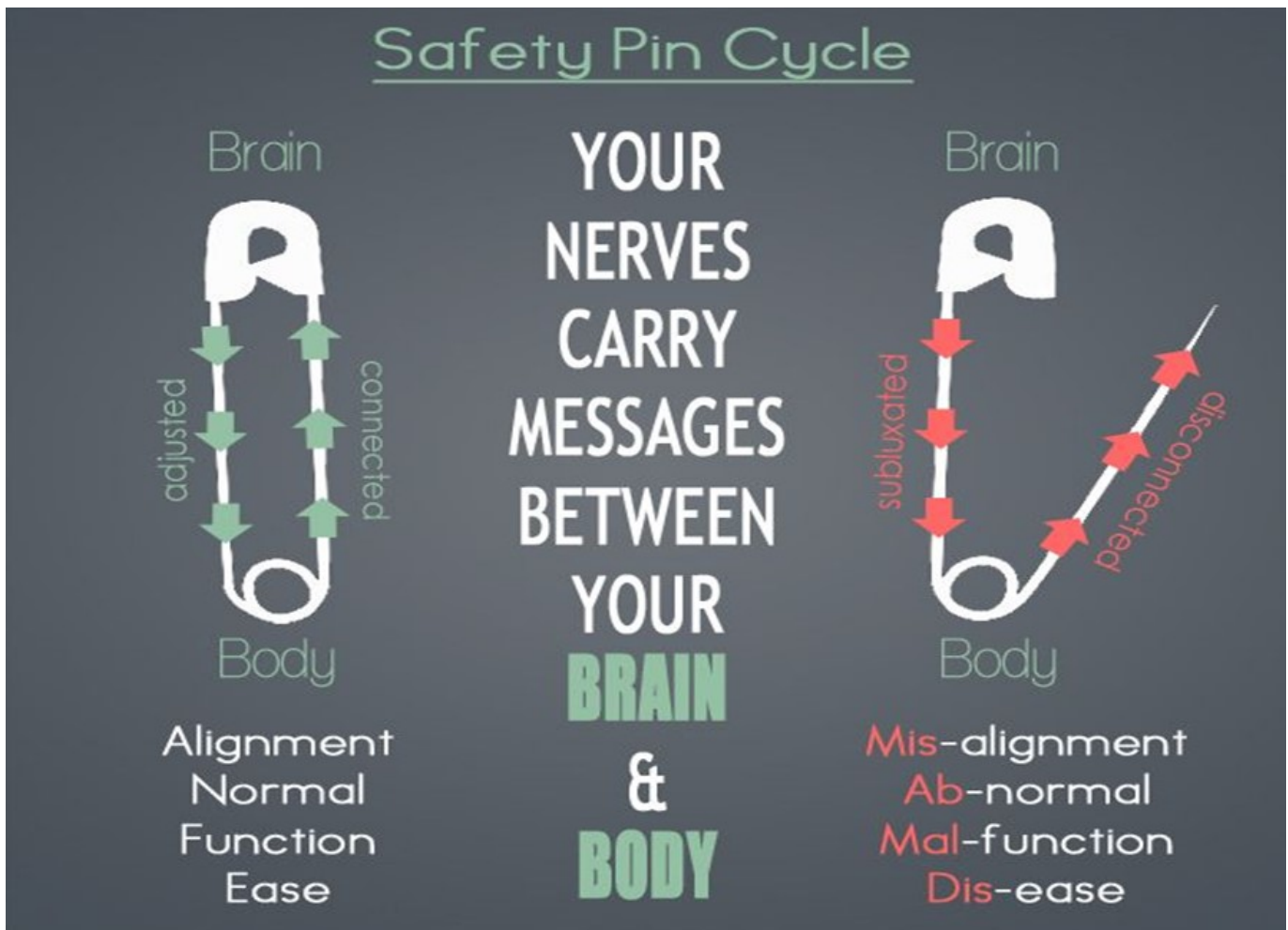
Restoring and maintaining proper movement to the spine improves overall health. As researched in Neural Plasticity, they demonstrated “the way the brain (pre-frontal cortex) works and show that spinal function impacts brain function. One of the most interesting things we observed was that the pre-frontal cortex is responsible for behavior, goal directed tasks, decision making, memory and attention, intelligence, processing of pain and emotional response to it, autonomic function, motor control, eye movements and spatial awareness.”

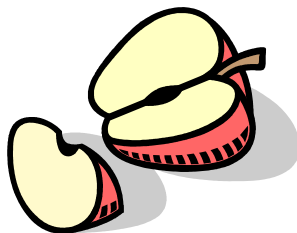
As you can see, restoring and maintaining proper spinal motion is the foundation for the quality of life you have an inherent right to.

Reed Chiropractic Wellness Adjustment Protocol

We recommend our wellness patients get checked for any spinal stress/joint dysfunction **1-2 times per month** depending on one's individual lifestyle stresses and prior health history. In the event that we detect any spinal restrictions or dysfunctions, we will deliver Specific Chiropractic Adjustments to those areas with the goal of restoring normal motion and reducing any further stress on the nervous system.

***It typically takes 6-8 weeks of Acute Chiropractic Care (2-3x/week)
to reach wellness or maintenance status***





Nutrition

Your Genes Do NOT Determine Your Destiny

It is said...Your thoughts influence your words, your words open the door for your actions, your actions set the stage for your habits, your habits make up your character, and finally, your character creates YOUR DESTINY.

Have you been told you inherited “bad genes” for heart disease, arthritis or some other condition. Since your parent or grandparent or both had/have a certain disease then you are going to struggle with the same health deficiency. Well change this destiny by changing the way you manage your health. Your genes may have been established since birth, but the expression of those genes will be determined by the choices you make to turn them on or keep them turned off. Scientist discovered that even damaged genes can be turned on/off by significant life choices which include physical, chemical and emotional stresses.

Great News! Your “destiny” is not to be unhealthy or suffer a specific “family” condition.

The Wellness Challenge is a series of steps to help you acknowledge and activate your inherent ability to be healthy and influence your genes to be the BEST YOU possible!

Who you are and what you become are directly related to the Pillars of Health utilized in the Wellness Challenge. The foundation begins with a strong, mobile and uninhibited nervous system. This is the reason for maintaining your Chiropractic adjustment schedule. On top of this foundation you build with daily movement, balanced whole foods, adequate clean water, sufficient rest and a positive mental attitude.

Combined, these healthy pillars on a strong foundation will allow you to express health in your genes as well as help you feel how you should feel when you are giving your best to be your best.

Experts suggest that you eat five to nine servings of fruits and vegetables per day!

Here are some examples of Fruits and Vegetables for you to refer to:

80%/20% - Food Theory for Healthy Living

Rule: Eat 80% alkaline forming foods and drinks and 20% acid forming foods and drinks daily for good health

Alkaline Foods		Acid Foods	
Vegetables Asparagus Artichokes Cabbage Lettuce Onion Cauliflower Radish Swede Lambs Lettuce Peas Courgette Red Cabbage Leeks Watercress Spinach Turnip Chives Carrot Green Beans Beetroot Garlic Celery Grasses (wheat, straw, barley, dog, kamut etc.) Cucumber Broccoli Kale Brussels Sprouts	Fruits Lemon Lime Avocado Tomato Grapefruit Watermelon (is neutral) Rhubarb Drinks 'Green Drinks' Fresh vegetable juice Pure water (distilled or ionised) Lemon water (pure water + fresh lemon or lime). Herbal Tea Vegetable broth Non-sweetened Soy Milk Almond Milk Seeds, Nuts & Grains Almonds Pumpkin Sunflower Sesame Flax Buckwheat Groats Spelt Lentils Cumin Seeds Any sprouted seed	Meats Pork Lamb Beef Chicken Turkey Crustaceans Other Seafood (apart from occasional oily fish such as salmon) Others Vinegar White Pasta White Bread Wholemeal Bread Biscuits Soy Sauce Tamari Condiments (Tomato Sauce, Mayonnaise etc.) Artificial Sweeteners Honey Convenience Foods Sweets Chocolate Microwave Meals Tinned Foods Powdered Soups Instant Meals Fast Food	Dairy Products Milk Eggs Cheese Cream Yogurt Ice Cream Drinks Fizzy Drinks Coffee Tea Beers Spirits Fruit Juice Dairy Smoothies Milk Traditional Tea Fats & Oils Saturated Fats Hydrogenated Oils Margarine (worse than Butter) Corn Oil Vegetable Oil Sunflower Oil
Fats & Oils Flax Hemp Avocado Olive Evening Primrose Borage Coconut Oil Oil Blends	Others Sprouts (soy, alfalfa, mung bean, wheat, little radish, chickpea, broccoli etc) Bragg Liquid Aminos (Soy Sauce Alternative) Hummus Tahini	Fruits All fruits aside from those listed in the alkaline column.	Seeds & Nuts Peanuts Cashew Nuts Pistachio Nuts
General Guidance: Stick to salads, fresh vegetables and healthy nuts and oils. Try to consume plenty of raw foods and at least 2-3 litres of clean, pure water daily (ideally enhanced with pH drops).		General Guidance: Steer clear of fatty meats, dairy, cheese, sweets, chocolates, alcohol and tobacco. Packaged foods are often full of hidden offenders and microwave meals are full of sugars and salts. Over cooking also removes all of the nutrition from a meal!	



◀◀ Disease

- Chronic pain
- Behavioral disorders
- Aggressive behavior
- Learning disabilities
- High medical bills
- Reproductive disorders
- Skin blemishes and spots
- Easily injured
- Frequently sick
- Sleep disorders
- Tired and fatigued
- Irritable

- Red meat
- Donuts, pastries
- Sodas (sweetered)
- Canned soups
- Soda (diet)
- Snack chips, flavored snacks
- Juice drinks, fruit punch
- Candy bars, chewy granola bars
- Milk, cheese, dairy
- Crackers, cookies
- Breakfast cereals (sweetered)
- Processed meats
- Instant rice, instant grains
- Frozen fried foods
- Bread (non whole-grain)
- Snack dips, artificial guaranole
- Shortening
- Salad dressings
- Diet shakes, meal shakes
- Added sugars, MSG
- Hydrogenated oils
- Hydrogenated oils, MSG
- Hydrogenated oils, MSG
- Refined grains, added sugars
- Hydrogenated oils, MSG
- Lack fiber, refined grains
- White flour, added sugars
- White flour, artificial preservatives
- Hydrogenated oils, white flour
- Artificial colors, added sugars
- Fried fats, MSG
- Added sugars, MSG
- MSG, high sodium, dead foods
- Artificial colors, homogenized fats
- White flour, added sugars
- High sodium, MSG, artificial preservatives
- Animal fats, lacks fiber, homogenized fats
- Animal fats, lacks fiber

Legend:

- Acidic:** disrupts acid/alkaline balance, promotes bone loss, osteoporosis
- Added sugars:** promotes diabetes, obesity, vitamin loss, learning disabilities and behavioral disorders
- Animal fats:** promotes heart disease
- Artificial colors:** promotes ADHD, behavioral disorders
- Artificial preservatives:** promote cancer, heavy liver detox load
- Chemical sweeteners:** cancer risk, promotes migraines, nervous system damage
- Fried fats:** contain carcinogens, promotes heart disease, obesity
- High sodium:** stresses kidneys, promotes hypertension, high blood pressure
- Homogenized fats:** unnatural alteration promotes plaque in arteries
- Hydrogenated oils:** contains trans fats, promotes heart disease, nervous system disorders, ADHD, tumor growth, birth defects
- Lacks fiber:** promotes colon cancer, digestive stagnation, heart disease
- MSG (monosodium glutamate):** migraines, hormonal disorders, overeating
- Refined grains:** promotes diabetes, obesity, vitamin loss
- White flour:** promotes diabetes, obesity, vitamin loss



Health ▶▶

- Free of pain
- Mental clarity
- Stable moods
- Accelerated learning
- Low health care costs
- Reproductive health
- Clear, smooth skin
- Easily healed
- Rarely sick
- Sound sleep
- Sustained energy
- Happy

- Sunlight
- Water
- Raw fruits (all kinds)
- Vegetables (all kinds)
- Berries (all kinds)
- Sprouts: broccoli, alfalfa, etc.
- Soy: tofu, soy milk, etc.
- Seeds: sesame, hemp, chia, etc.
- Nuts: cashews, almonds, peanuts, etc.
- Avocados
- Fish oils: salmon, cod, etc.
- Sea vegetables: kelp, kombu, etc.
- Sprouted grains
- Microalgae: spirulina, chlorella
- Whole grains
- Blackstrap molasses
- Whole food concentrates
- Bran: oat, wheat, rice
- Protein powders: rice, soy
- Wheat germ
- Healthy bones, organs, brain
- Essential solvent for nutrition
- High vitamins, fiber, complex carbs
- High antioxidants, healthy brain, heart
- High in vitamins, phytonutrients
- Healthy heart, brain, and more
- Antioxidants, antioxidants
- Healthy oils, high fiber, antioxidants
- High in vitamins, fiber
- Healthy immune function, minerals
- High protein, minerals, phytonutrients
- High density nutrition
- High fiber
- Quality plant-based proteins
- High in healthy oils



Eat all the colors of the rainbow:

- Red:** Tomatoes, peppers, cranberries, raspberries, apples, beans, strawberries
- Orange:** Carrots, pumpkins, oranges, sweet potatoes, cantaloupe, peaches, apricots, mango
- Yellow:** Squash, corn, legumes, lemons, banana, eggs, grapefruit, mushrooms, pineapple, sesame seeds, macadamia nuts, cashews, peanuts, quinoa, chickpeas, almonds, pecans, walnuts, brown rice, ginger, beans
- Green:** Peppers, cabbage, beans, limes, spinach, kale, honeydew melon, avocado, pears, pesto, celery, zucchini
- Purple:** Blueberries, blackberries, currants, beets, red cabbage, eggplant
- White:** Potatoes, tofu, onions, garlic, whole oats, cauliflower

Be Healthy! Learn More:



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www.ReedChiroAZ.com

Water

By Dr. Joseph Mercola with Rachael Droege

How many of you have heard that we are dehydrated and need to drink at least eight eight-ounce glasses of water a day? I know that is what I have traditionally been exposed to. I used to advise that people follow an even more refined rule of thumb--for every 50 pounds of body weight you carry, drink one quart of spring or filtered water per day. This would increase daily water intake to 12 to 16 glasses for most of us. However, after a while I began to question this and I further refined my recommendations to use the color of your urine as a guide to how much water you should be drinking. As long as you are not taking riboflavin (vitamin B2), which fluoresces and turns your urine bright yellow (it is also in most multi-vitamins), then your urine should be a very light-colored yellow. If it is a deep yellow then you are likely not drinking enough water. So I was delighted to read in my Family Practice Newspaper that an Institute of Medicine Panel actually reached the same rational conclusion. They rejected the conventional wisdom that people need to drink eight glasses of water a day and concluded that on a daily basis people get enough water from normal drinking behavior, such as drinking beverages at meals and in other social situations, and by letting their thirst guide them. This is not to say that getting enough water isn't important. We can exist without food for months, but without water we can only survive for a few days. Your body is made up mostly of water, which:

- Is essential for digestion, nutrient absorption and elimination
- Aids circulation
- Helps control the body's temperature
- Lubricates and cushions joints
- Keeps the skin healthy
- Helps remove toxins from your body

Every day you lose water from the body through urine and sweat, and this fluid needs to be replenished. However, your body has come equipped with a mechanism that tells you when you need to replenish your supply--it's called thirst!

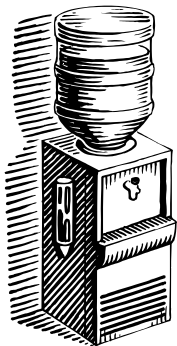
Let Your Thirst be Your Guide

When your body begins to lose from 1 percent to 2 percent of its total water, your thirst mechanism lets you know that it's time to drink some water. If you are healthy, then drinking whenever you feel thirsty should be an adequate guide of how much water you need. You can confirm whether you are drinking enough water by looking at the color of your urine, as mentioned above. Of course, if it's hot outside or you are engaged in exercise or other vigorous activity, you will require more water than normal so be sure to stay well hydrated in these cases. Additionally, as we grow older our thirst mechanism works less efficiently so older adults will want to be sure to drink water regularly, and again make sure their urine is a light, pale color.

Don't Overlook Water Quality

Perhaps the question we should have been asking for so long is not how much water should we be drinking, but what type of water should we be drinking? The answer is clean, spring water and filtered water--I do not recommend drinking tap water or distilled water. Contrary to the traditional belief, it's also important to avoid fluoridated water.

One of the most important steps you should take for your own health and the health of your family is to ensure the safety of your tap water supply. This will help you to determine what type of filter you need to make sure your water is free from heavy metals, bacteria and other harmful contaminants.



The reason why filtering your own water is so important is because you really want to avoid bottled water unless it is absolutely necessary as it is a huge strain on the environment. Plus, some bottled water may not be any cleaner than tap water. On a side note, remember to avoid storing your water in typical Nalgene bottles as they can leach an unsafe chemical called BPA into your water. I recently switched to the high-density polyethelene (HDPE) Nalgene bottles, which appear to be safer, to store my water when I go on trips and cannot use a glass bottle.

Rest

If you're like half of all adults, you may not be sleeping well and not getting the right amount of sleep. Today's fast paced society can make sleep seem like a luxury, not a need, but this is simply not true: you need quality sleep for good health. Sleep deprivation affects your health and well being, physically, mentally, and socially.

Sleep benefits:

- Immune system:** Sleep is essential to the immune system. Without adequate sleep, the immune system becomes weak, and the entire body becomes vulnerable to infection and disease.
- Nervous system:** Sleep is a time of rest and repair to neurons. Neurons are the freeways of the nervous system that carry out both voluntary commands, like moving your arm, and involuntary commands, like breathing and digestive processes.
- Hormone release:** Many hormones, substances produced to trigger or regulate particular body functions, are timed to release during sleep or right before sleep. Growth hormones, for example, are released during sleep, vital to growing children but also for restorative processes like muscle repair and healing.

Signs you may be suffering from sleep deprivation include:

- Difficulty waking up in the AM
- Increased clumsiness
- Poor performance in school, on the job, or in sports
- Difficulty making decisions
- Falling asleep during work or class
- Getting sick frequently
- Feeling especially moody or irritated
- Weight gain

Chronic sleep deprivation is also thought to cause long term changes to the body, which contribute to increased risk for obesity, diabetes, heart disease, and shortened life span.

Quotes:

Sleep is the chief restorer of life's feast. ~ *Shakespeare*

Fatigue has a larger share in the promotion and transmission of disease than any other single condition you can name. ~ *James Pagent, MD*



Stress Management

Positive Mental Attitude

If you're living with high levels of stress, you're putting your entire well-being at risk. Stress wreaks havoc on your emotional equilibrium, as well as your physical health. It narrows your ability to think clearly, function effectively, and enjoy life. The goal of stress management is to bring your mind and body back into balance. By adopting a positive attitude, learning healthier ways to cope, and changing the way you deal with stress, you can reduce its effects on your health.

Taking charge of stress:

Operating on daily red alert comes at the high price of your health, vitality, and peace of mind. But while it may seem that there's nothing you can do about your stress level—the bills are not going to stop coming, there will never be more hours in the day for all your errands, your career will always be demanding—you have a lot more control than you might think. In fact, **the simple realization that you are in control of your life is the foundation of stress management.**

- Learn to say “no”:** Know your limits and stick to them.
- Avoid people who stress you out:** Limit the time you spend with them or end the relationship all together.
- Take control of your environment:** Turn off the News, leave earlier for an easier commute, go to grocery stores at slower times.
- Avoid hot button topics:** Religion and politics - cross them off your conversation list.
- Re-think you to-do list:** If you have too much on your plate cross off “shoulds” and stick to “musts.”
- Express you feelings:** Don't bottle them up!
- Be willing to compromise:** Find a happy middle ground.
- Be more assertive:** Don't take a backseat in your own life.
- Manage your time better:** Huge stressor! When you're stretched too thin or running behind, it's hard to stay calm and focused.
- Don't try to control the uncontrollable:** Focus on the things you can control and the way you choose to react to problems.
- Look for the upside:** As the saying goes “What does not kill us makes us stronger.” When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contribute to a stressful situation, reflect on them and learn from your mistakes.
- Learn to forgive:** People make mistakes. Let go of anger and resentments.
- Look at the big picture:** Ask yourself how important it will be in the long run.
- Adjust your standards:** Perfectionism is a major source of avoidable stress.
- Focus on the positive:** When stress is getting you down, take a moment to reflect on all the things you appreciate in your life, including your own positive qualities and gifts. This simple strategy can help keep things in perspective.

More Stress Management Ideas on the next page →

Stress Reduction Ideas:

- Relaxation Time
- Connect with others
- Do something you enjoy
- Keep a sense of humor
- Go for a walk
- Spend some time in nature
- Talk to a supportive friend
- Sweat out tension with a workout
- Yoga
- Meditation
- Write in a journal
- Take a long bath
- Play with a Pet
- Work in your garden
- Get a massage
- Read a good book
- Listen to music
- Watch a comedy
- Play with your kids

Positive Attitude Ideas:

- Pay a complement to another person
- Do a nice thing for another person
- Practice optimism
- Meditation
- Say a positive affirmation 10 times
- Do a nice thing for a stranger
- Watch your internal dialog and change the words to positive ones
- Look for the silver lining in a negative situation or setback
- Reconnect with a friend-send a card or call just to say hi
- Thank someone for something that they have done for you
- Cook for someone

Research has shown that those who have a sunny outlook about the future tend to have better physical and mental health than those who are pessimistic.

As A Man Thinketh

by James Allen

Chapter Three

Effect of Thought on Health and the Body

The body is the servant of the mind. It obeys the operations of the mind, whether they be deliberately chosen or automatically expressed. At the bidding of unlawful thoughts the body sinks rapidly into disease and decay; at the command of glad and beautiful thoughts it becomes clothed with youthfulness and beauty.

Disease and health, like circumstances, are rooted in thought. Sickly thoughts will express themselves through a sickly body. Thoughts of fear have been known to kill a man as speedily as a bullet, and they are continually killing thousands of people just as surely though less rapidly. The people who live in fear of disease are the people who get it. Anxiety quickly demoralizes the whole body, and lays it open to the entrance of disease; while impure thoughts, even if not physically indulged, will soon shatter the nervous system.

Strong, pure, and happy thoughts build up the body in vigor and grace. The body is a delicate and plastic instrument, which responds readily to the thoughts by which it is impressed, and habits of thought will produce their own effects, good or bad, upon it.

Men will continue to have impure and poisoned blood so long as they propagate unclean thoughts. Out of a clean heart comes a clean life and a clean body. Out of a defiled mind proceeds a defiled life and corrupt body. Thought is the fountain of action, life and manifestation; make the fountain pure, and all will be pure.

Change of diet will not help a man who will not change his thoughts. When a man makes his thoughts pure, he no longer desires impure food.

If you would perfect your body, guard your mind. If you would renew your body, beautify your mind. Thoughts of malice, envy, disappointment, despondency, rob the body of its health and grace. A sour face does not come by chance; it is made by sour thoughts. Wrinkles that mar are drawn by folly, passion, pride.

I know a woman of ninety-six who has the bright, innocent face of a girl. I know a man well under middle age whose face is drawn into inharmonious contours. The one is the result of a sweet and sunny disposition; the other is the outcome of passion and discontent.

As you cannot have a sweet and wholesome abode unless you admit the air and sunshine freely into your rooms, so a strong body and a bright, happy, or serene countenance can only result from the free admittance into the mind of thoughts of joy and good will and serenity.

On the faces of the aged there are wrinkles made by sympathy, others by strong and pure thought, others are carved by passion. Who cannot distinguish them? With those who have lived righteously, age is calm, peaceful, and softly mellowed, like the setting sun. I have recently seen a philosopher on his deathbed. He was not old except in years. He died as sweetly and peacefully as he had lived.

There is no physician like cheerful thought for dissipating the ills of the body; there is no comforter to compare with good will for dispersing the shadows of grief and sorrow. To live continually in thoughts of ill will, cynicism, suspicion, and envy, is to be confined in a self-made prison hole. But to think well of all, to be cheerful with all, to patiently learn to find the good in all - such unselfish thoughts are the very portals of heaven; and to dwell day to day in thoughts of peace toward every creature will bring abounding peace to their possessor.

Fruits and vegetables should make up a large portion of your diet. They are low in calories (which is good!), and they are high in vitamins, minerals, phytochemicals and fiber, which is even better!



Movement

How Many Pedometer Steps Per Day are Enough?

Classification of pedometer-determined physical activity in adults:

- 1.) Less than 5000 steps/day may be used as a “sedentary lifestyle index.”
- 2.) 5,000-7,499 steps/day is typical of daily activity excluding sports/exercise and might be considered “low active.”
- 3.) 7,500-9,999 likely includes some exercise or walking (and/or a job that requires more walking) and might be considered “somewhat active lifestyle.”
- 4.) **10,000 steps/day** indicates the point that should be used to classify individuals as “active” and qualifies for **long term health** benefits/reduced chronic disease risk.
- 5.) **12,500 steps/day** indicates individuals that would be classified as “highly active” and would be support **sustained weight loss**.

Based on the best evidence by Dr. Catrine Tudor-Locke.

**There are many ways to increase your daily steps.
Use your imagination and come up with your own list:**

- Take a walk with your spouse, child, or friend
- Walk the dog
- Use the stairs instead of the elevator
- Park farther from the store
- Get up to change the channel
- Window shop
- Plan a walking meeting
- Get outside to walk around the garden or do a little weeding
- Walk instead of riding during Golf
- Get up at work and walk to get water
- Walk over to co-workers desk, don't just use E-Mail

Continue to track your steps and keep notes on how you feel, how your body is improving, or other changes you notice as your health improves as you walk 10,000 steps a day!

3 Ways to Measure your Walking Intensity

1. Use the 'Talk Test' to measure your walking intensity

Talk, talk, talk... Perhaps, the quickest and easiest ways to measure your intensity is simply talk out loud while walking. Use this guide to determine if you're walking fast enough.

*If you can sing your favorite song or talk to your walking buddy with-out noticing an increase in your breathing, you are not walking hard enough.

*If you can walk and carry on a conversation and notice your breathing you are walking at a moderate pace.

*If you can walk and carry on a conversation but you need to breathe deeply every few words you are walking at a 'brisk pace'.

*If you are walking and cannot hold a conversation at all - you need to slow down!

2. Use the Perceived Rate of Exertion (PRE) to measure your walking Intensity

On a scale of 1 - 10 rate you intensity! Imagine, 0 = doing nothing at all and 10 = the most taxing physical effort you can remember! Now, rate your level of intensity somewhere in between.

Some examples of Perceived Rate of Exertion

0-1 Sitting on the sofa watching TV

2-4 Walking to the bus stop

5-7 Vacuuming the house, mowing the lawn

7-9 Walking up the stairs at work/ walking the dog (at his pace)

10 Washing the car

Use this guide to determine if you're walking fast enough. Generally your walking intensity will fall between PRE of 5 - 9, 5 being your walking pace when you're out window shopping, what I consider a stroll. When you reach PRE of 9 you are walking with everything you have-very fast pace! Will you ever hit 10? There is a 10 but not many people will experience what I call a 'true 10', until you are fitter and you really know your body 'limits'!

3. Use your Heart Rate to measure your walking Intensity

More scientific than the Talk Test or Perceived Rate of Exertion, measuring your hearts beats per minute is the best way to judge intensity.

How to Measure your Heart Rate

Finding your pulse... Here are 3 ways to measure your Heart Rate (pulse), you will need a watch with a second hand or a digital watch.

- **Wrist-(Radial Artery)** Pulse can be felt in-line with the thumb on the wrist. Place tips of index & middle finger and press down slightly, do not use the thumb as it has its own pulse.
- **Neck-(Carotid Artery)** Pulse can be felt straight down from the chin and slightly to the right below your jaw line. Place tips of index & middle fingers and press down slightly. Feel for the pulse. You are now going to count your pulse beats for 10 seconds. You then multiply the number of beats you counted by 6 and Hey Presto! You have your beats per minute. (You need to take your pulse within 5 seconds of stopping walking/exercise).
- **Heart Rate Monitor-** Like all tools, gadgets and appliances, whatever their price tag - they are expensive if you don't use them. Heart rate monitors are no different. Most monitors come with a chest strap and a monitor (similar to a wrist watch). They vary in price and functions considerably. I use mine all the time, I often walk by myself and it is like having your own Personal Trainer walking with you as it gives you constant feedback on how well you are doing (or not doing!).

Find your Maximum Heart Rate (MHR)

Your maximum heart rate is as fast as your heart can beat. This varies from person to person, but age is generally used as a guide. This formula is the most widely used approximation for finding your MHR is 220 minus your age. (The figure 220 is because an average 20 year old has been found to have a maximum rate of 200 beats per minute (bpm) which typically decreases about 1 bpm per year.) Example: If you are 42 years old the calculation will be $220 - 42 = 178$. Your MHR is 178 beats per minute. Once you have calculated your MHR you are ready to calculate your Training Heart Rate and match your health goal to the correct intensity.

Get in the Zone - Target Heart Rate (THR)

Walking, cycling, swimming no matter the activity for the most effective training session you must work within the correct training zone. Put simply, in order to lose weight and/or increase fitness you need to walk or exercise within a certain heart rate. The Target Heart Rate you are aiming for to 'walk briskly' is between 60% - 80% of your maximum heart rate.