



WALKING WITH MRS. JACKSON

WHO WALKS?

Well, everyone should walk as much as possible. People spend too much time sitting at their computers, playing video games and texting. We have created a national nightmare...a society totally out of balance...a society where sitting dominates standing and moving and where stress totally outweighs fun. Walking is way to start opening the door to fresh air and feeling good! All you have to do is put your shoes on and GET OUT! And that is what we do in Walking for Fitness – we get out, walk fast and have FUN doing it!

GETTING STARTED:

To begin a walking program, keep in mind that you're in no big hurry. This is lifetime health, not overnight magic. Studies show that walkers traveling faster than five miles an hour actually burn twice the calories as runners going the same speed. We may not walk that fast but we can set our own goals and have fun while achieving them! The main purpose is to walk, get fit and have fun.

BEYOND STROLLING:

We will start by timing how long it takes you to walk a mile comfortably on flat ground (the track). Generally, it takes people between 15 and 20 minutes to walk a mile. This will be your starting capacity – build from there.

During class we will estimate and maintain your speed by monitoring your step rate. We will use the chart below to estimate your speed accordingly to height. Hopefully, you will record your results in a log, and gradually try to boost your speed over time! Consider 3 mph a health - promoting pace, 4 mph a weight loss target, and 4.5 mph and faster a fitness building range. At the end of the semester you will walk 4miles under and hour and a half for your final. You will be amazed at how easy this is after walking all semester☺.

We will also figure your "training heart rate". This is 60-90 percent of the fastest your heart can beat in a minute. Figure your maximum heart rate by subtracting your age in years from 220. Multiply the result by 0.6 and 0.9 to get the bottom and top of your target zone for aerobic training.

Example: $220-38=182$ $182\times 0.6=109.2$ (60%) $182\times 0.9=163.8$ (90%)

SET YOUR FREQUENCY:

The goal is three to five times a week, with a heart rate in your target zone for 15-60 minutes. We are lucky because we get 100 minutes to walk two to three days a week!

GO

Sometimes it is as easy as just getting out the door and taking that first step. Keep in mind that healthy people are well overall: their activities boost energy and help fend off heart disease and circulatory problems. The key is to stay active. It takes willpower and a strategy to make walking a habit. It would be good to have a regular walk/run schedule with a friend or family member at home as well, giving you that extra push to get out and walk more often! Enjoy.

WHEN THE WEATHER IS BAD:

Please be prepared for rain, wind or snow. We will walk on these days. Bring a coat, gloves and a hat on these days. You may even want to pack a towel. One day a week we will drive to local scenic trails and walk in the beautiful places we have here in Whatcom County. I will have another permission slip for parents to sign to allow students to ride with other students - if we don't have space in the school vans.

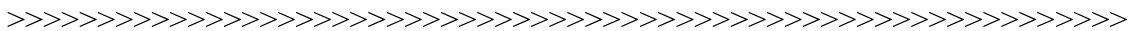
OFF CAMPUS WALKING EXPECTATIONS CONTRACT:

**** PLEASE NO CELL PHONES****

1. Stay on the trail. You must complete the correct course to receive credit.
2. Cross all streets in a safe and mature manner. Use crosswalks when available.
3. Respect others property when going through neighborhoods and on trails.
4. Follow all school rules.
5. Give your best effort and remember you are representing Squalicum High School as well as yourself.
6. Smile and have fun!

Thank you for your support!

Mrs. Jackson



PLEASE SIGN AND DATE BELOW IF YOU AGREE TO THE ABOVE RULES.

STUDENT:

PARENT:

