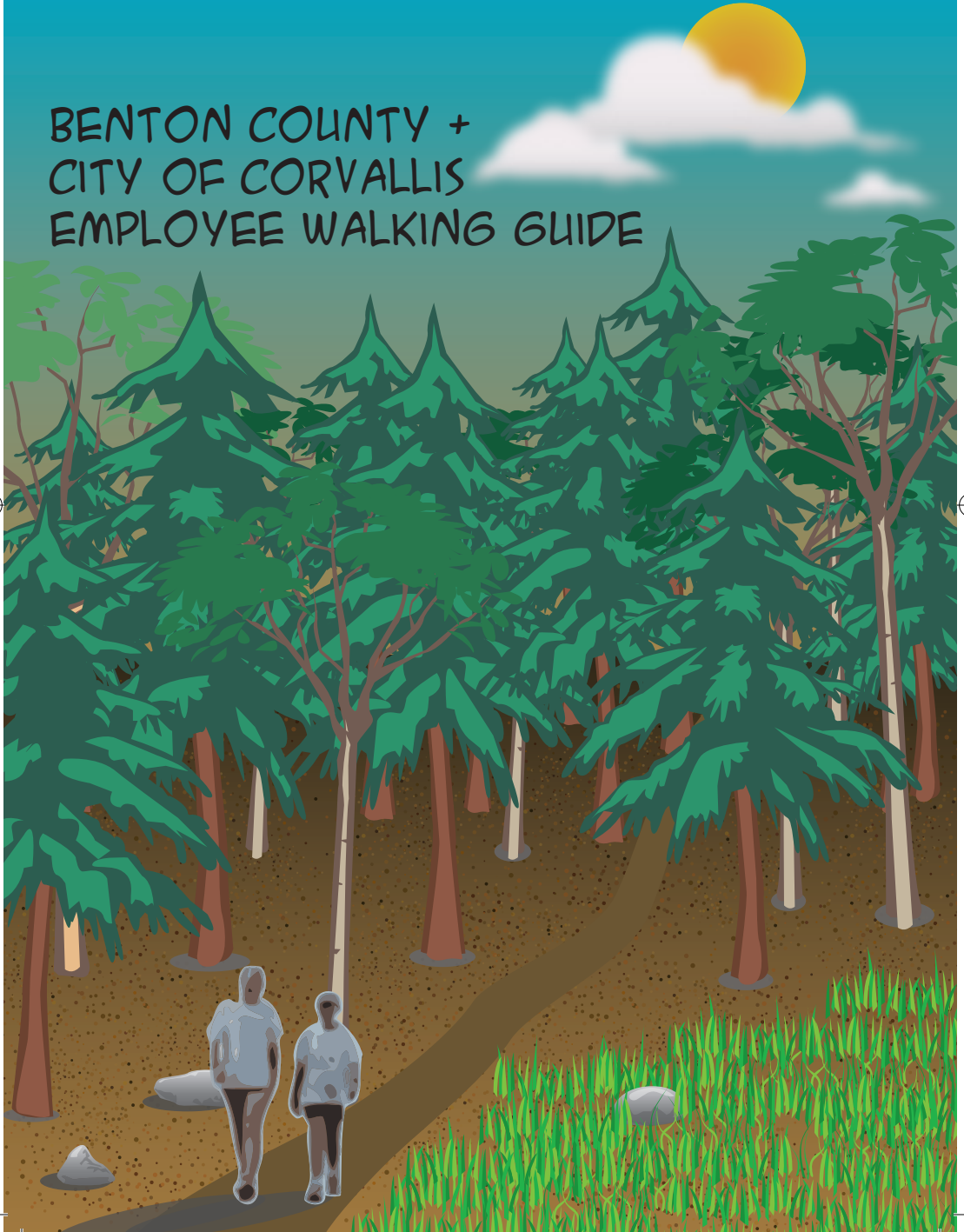


WORK WALKS

BENTON COUNTY +
CITY OF CORVALLIS
EMPLOYEE WALKING GUIDE



This booklet was made possible through a grant from Oregon Department of Human Services, Health Services, Health Promotion and Chronic Disease Prevention Program.

Oregon Healthy Worksites

The DHS public health chronic disease prevention programs are partnering with several public and private employers to promote and support healthy worksites throughout the state of Oregon.

The goal is to create workplaces that support healthy behaviors by making “the healthy choice the easy choice.” Smoke-free campuses, easy availability of fruits, vegetables and other low-fat foods, support for bicycling and walking, workplace policies encouraging healthy choices, assistance in identifying health risk factors and referral to disease management are key elements of the healthy worksites initiative.

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Take a walk break!

The purpose of this manual is to encourage employees to take a Walk Break 3 to 5 times a week.

This manual highlights walking routes that are located close to many of the City and County Government Offices in Corvallis.

Walking everyday (or almost everyday) has many benefits for your health, productivity at work and even your relationships! Just look at these benefits of walking every day:

- Improves your body's ability to deliver oxygen and provide the energy needed for work and family activities.
- Help you to cope with the stress of work and personal activities.
- Boosts enthusiasm and optimism- makes you feel good!
- Helps you tone muscles and reduce fat along with a proper diet.
- Improves the circulation of blood throughout your body- so your lungs, heart, brain and muscles work together better.
- Can help you release tension, relax and sleep.

Many of these rewards, such as relaxation and productivity may be experienced after each walk, while others such as muscle toning and weight control are noticed after a couple of weeks.

Starting a walking program

- Warm up your muscles before walking by stretching.
- Think of your walk in three parts.
 1. Walk slowly for 5 minutes.
 2. Increase your speed for the next 5 minutes.
 3. Finally, to cool down, walk slowly again for 5 minutes.
- Try to walk at least three times per week. Add 2 to 3 minutes per week to the fast walk. If you walk less than three times per week, increase the fast walk more slowly.
- Start gradually. When starting a program, aim for consistency in the days walking rather than the amount of time spent walking. After a couple of weeks, gradually add more minutes to your walking.
- The more you walk, the better you will feel. You also will burn more calories.

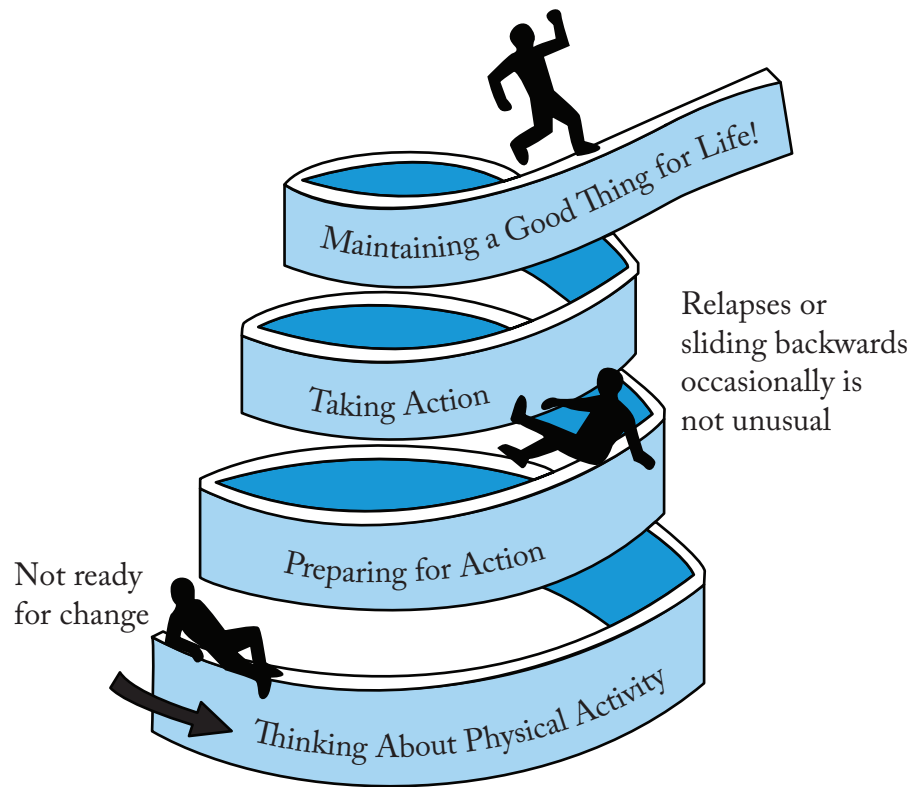
Safety Tips

Keep safety, location and time of day in mind when you are planning your walking route.

- Walk in the daytime or in well-lighted areas at night.
- Walk in a group or pairs at all times.
- Do not wear jewelry.
- Do not wear headphones.
- Be aware of your surroundings.

Get ready for physical activity!

Where are you?



How ready are you for physical activity?

Answer the following question to locate your stage of readiness and then read the corresponding pages for tips and suggestions

Are you physically active 30-60 minutes on most days of the week?	Stage of readiness	See these pages for suggestions
No, and I haven't thought about starting.	Not ready for change	6-7
No, but I have been thinking about becoming more active	Thinking about physical activity	8-9
I have been physically active for 30-60 minutes, but only one to three days of the week.	Preparing for action	10-11
Yes, I have been physically active for 30-60 minutes most days of the week for less than 6 months.	Taking action	12-13
Yes, I have been physically active for 30-60 minutes most days of the week for more than 6 months	Maintaining a good thing	14-15

Not ready for change

As the title suggests, you're not ready for change right now. This is a good time to consider the pros, and then the cons, of becoming more active.

Pros-Wanting to do this

Check off the benefits (pros) that you want to experience.

Maybe you want to...

- o Maintain a healthy weight
- o Look your best
- o Feel less tired and have more energy to get things done
- o Sleep more soundly
- o Improve bone density, reducing the risk of osteoporosis and fractures as you get older
- o Reduce feelings of tension, stress, anxiety, or depression.
- o Become stronger
- o Feel better about your body
- o Have fun

What other reasons do you have for wanting to be more active?

Cons-What's stopping you

Check off the following barriers (cons) that are holding you back.

Maybe you...

- o Don't know how to find time in the day for physical activity
- o Are busy, stressed, or don't want to take on another challenge
- o Want to spend your free time with your family and fear that a physical activity routine will interfere
- o Think that you need to spend money on special equipment or health clubs to become more active.
- o Don't like to sweat and you don't want to shower afterward.
- o Don't know how to exercise.
- o Are concerned about how you look while exercising or wearing exercise clothes.
- o Don't want to check with a doctor to begin an activity program.
- o Are too old to start or to learn how.

What other barriers are holding you back?

Which benefits are you most excited about? Which barriers do you feel strongest about?

Often when you see which items are most important, you will begin to shift your views about physical activity and will decide that finding easy ways to add physical activity into your life is exactly what you want to do.

Do you see those barriers as something you want to explore, or are you satisfied in remaining inactive? If you have no desire to learn more about physical activity or you get upset when people mention it to you, you're not ready to consider easy ways to have more energy throughout the day. However, if you are open to learning more, you will find that working with the barriers you identified will help release you from your defenses.

Thinking about physical activity

So, you are thinking about becoming physically active within the next 6 months. Perhaps you are waiting for the “right” moment to start your walking and/or cycling. Why not start now?

Remember, physical activity makes more energy than it takes, and taking just one of the following steps is all you need to get started.

Find the time

Figure out when you could possibly fit physical activity into your already busy schedule. You will find opportunities at home, work, and elsewhere (e.g. walking up and down the stairs for 15 minutes during your lunch break). What is important is discovering that you do have time in your schedule. All it takes is that first step.

Remember your physical activity successes and interests

Think about physical activities that you have enjoyed or that sound interesting. Keep a list of your favorite activities by your phone at work.

Develop a support network

Discuss your interests and concerns with peers, family, friends, or co-workers who are physically active. Turn to them for ideas, motivation, and support. Name two people with whom you talk to and seek support. Set dates within the month for your discussion with them.

Recall your current level of activity

Nobody knows you better than you do. In this case, knowing your current level of activity will help you decide where there is room for change. Consider the following questions to help you recall your current level of activity.

- How active are you during lunch or breaks at work?
- What do you need to do before or after work?
- What kind of activities do you do on a typical weekend or day off work?

Be honest with yourself. Choose one of the following areas in which you think you can make realistic changes.

- o Work
- o Lunch/break time
- o Before/after work
- o Weekends

Start small with specific goals

By starting small and increasing your goals at a pace that feels right for you, all the benefits of physical activity can be yours. And, if you have setbacks, that’s okay. Accept that lapses happen and begin again. You will achieve success.

Reward yourself

Once you’ve set and achieved some specific goals, celebrate your successes- no matter how small. You might choose a reward that is related to physical activity. How about workout clothing? Or reward yourself with a trip to the movies or tickets to your favorite sporting event.

Preparing for action

You have taken an important step by focusing on future goals. Now, it's time to take action. The following steps will provide you with the tools you need to develop a plan of action to meet your goals. You can do it!

Develop support

Share your commitment to becoming physically active with those around you. Find friends, co-workers or family who will join you for evening walks. Gather a group for a weekend hike and picnic. Name two people who you will rely on for support and motivation.

Getting ready for physical activity can also mean changing your surroundings (e.g. home, work, and car) to support your goals. Keep comfortable walking shoes at work or in the car. Have an exercise bag packed and ready to go. Post motivating messages in your day planner or on your bathroom mirror. Name two ways you would like to alter your environment to support your goals

Find the time

With some creative thinking, you'll find ways to squeeze a little time out of your busy schedule. Adding short bouts of physical activity throughout the day really works- Park farther from the door. Could you get up earlier to take a brisk walk? Climb up and down the stairs for 20 minutes during lunch?

Make change a priority

Perhaps you've already made small changes in your level of activity that you can build on, or maybe you will be starting fresh. Either way, adding physical activity into your lifestyle is now at the top of your priority list. You can be confident that you are on the road to success. Choose one area of your life (e.g. work, lunch/break time, before/after work, weekends) that you want to address in the next week.

Create a plan of action

The next step is to set some achievable goals and create a plan of action. For example, if you chose physical activity after work as the area to work on for the week, a specific goal might be walking the dog after work 4 days a week.

Monitor your progress

Keep in mind that occasional setbacks do not mean failure. On the contrary, you have set and achieved some specific goals. However, it is important to plan for events that might disrupt your physical activity routine. Right now, make a list of potential setbacks to your routine and how you will overcome them.

It is also important to monitor your progress. Self-monitoring can help you meet your goals by increasing your awareness of the changes you have or have not made. Try keeping an activity log for tracking your daily activity.

Reward yourself

You have set and achieved some specific goals. Reward yourself with a gift. Here are some ideas: a health club membership, tickets to a sporting event, a massage, a new CD or a sitter for the kids.

Taking action

At this stage, you've been busy the last few months planning and becoming physically active on a regular basis. The following steps will support you in reaching your activity goals and will keep you on the right track.

Create balance in your life

Any change is difficult and recently you've added regular physical activity into your life. Creating balance in your life is important.

Review the activities in your busy schedule. Protecting your commitment to become physically active is important.

Here are some helpful tips.

- o Be realistic. Gradually adding moderate-intensity physical activity to your life will give you added energy.
- o You put yourself at risk for injury if you increase your physical activity too much, too fast.
- o Select a menu approach to adding additional activities. Think about activities that you have wanted to do in the past and include them in future plans.
- o Vary your routine to help keep boredom away.
- o Have fun.

Support yourself in thoughts and action

Surround yourself with people who support your new, active lifestyle. Some people find supportive messages surrounding them very helpful. Leave encouraging notes to yourself or "to-do lists" at home, in the car or at the office. A message in the car that reminds you to park farther away from the grocery store will give you an opportunity to walk a few extra minutes.

Can you find ways to make it easier to add activity into your day? Leaving an extra pair of walking shoes at the office or in your car would be one way. What are two supportive actions you can take to maintain or enhance your current level of physical activity?

Pat on the back

Build in rewards to maintain your motivation. These can be setting goals for yourself or something you can get your hands on, such as a new pair of walking shoes. What would motivate you?

Review long-term vision

What are your long-range (one year or longer) goals for physical activity? List three short-term (three to six months) goals that will help you reach your long-range goal. Be specific.

Utilize your support network

Knowing you can ask a co-worker or family member for support is helpful. What type of support and feedback do you need from your friends or mentor to be successful?

Plan for setbacks

Think about times when you will be tempted not to be active (e.g., added demands of work and family, sickness, or out-of-town visitors, etc.). Accept that these lapses will happen. It does not mean that you have failed or will not get back into your regular habit.

Lapses are a normal part of the change process. If you plan and prepare for events that are likely to happen, you can prepare to hurdle over them as well. If you do lapse, just start right back where you left off. You'll thank yourself afterwards.

Maintaining a good thing

Regular physical activity has become a part of who you are. You have kept the commitment to include activity in your everyday life and are a source of encouragement to others. One of the most important steps in maintaining your current success is anticipating minor slips.

Threats to success

The greatest threat for relapse is overconfidence or believing it won't happen to you. It will happen and you have to plan for it. List two situations where you may be tempted to stop your regular activity, if only for a few days (e.g., vacation, a bout of flu, demands of work and family).

It's important to plan how you will handle these interruptions in your daily routine. If you know they will happen, you can plan around them. What can you do to reschedule physical activity during one of the situations you listed?

Tell-tale signs of danger

- o "Nothing will stop me from including physical activity into my day."
- o "I've only missed a few days and will start again soon."

Have you heard yourself say any of the above sentences? These are signs that you may be in danger of overconfidence. Old habits die hard. Watch for times when temporary lapses lead to disappointment or giving up. Remember how hard it was in the beginning. Keeping up your commitment to physical activity today is as important as it was when you started.

Keep your balance

How have your barriers changed from when you started becoming physically active? What are some of the things you can put around your home or office to reinforce your efforts? What are some of the things you can remove that contribute any threat to your activity?

List two plans of action you can take to support your continued goals.

Maintain self-confidence

When you are confident that you will continue to remain physically active, your success rate goes up. How confident are you in participating in regular physical activity under the following conditions:

- When you are tired?
- When you are in a bad mood?
- When you feel you don't have time?
- When you are on vacation?
- When it is raining or snowing?

Mentor others



Look back at how others helped you adopt new behaviors. Their support and encouragement may have made a difference in your efforts. Share your skills with someone else.

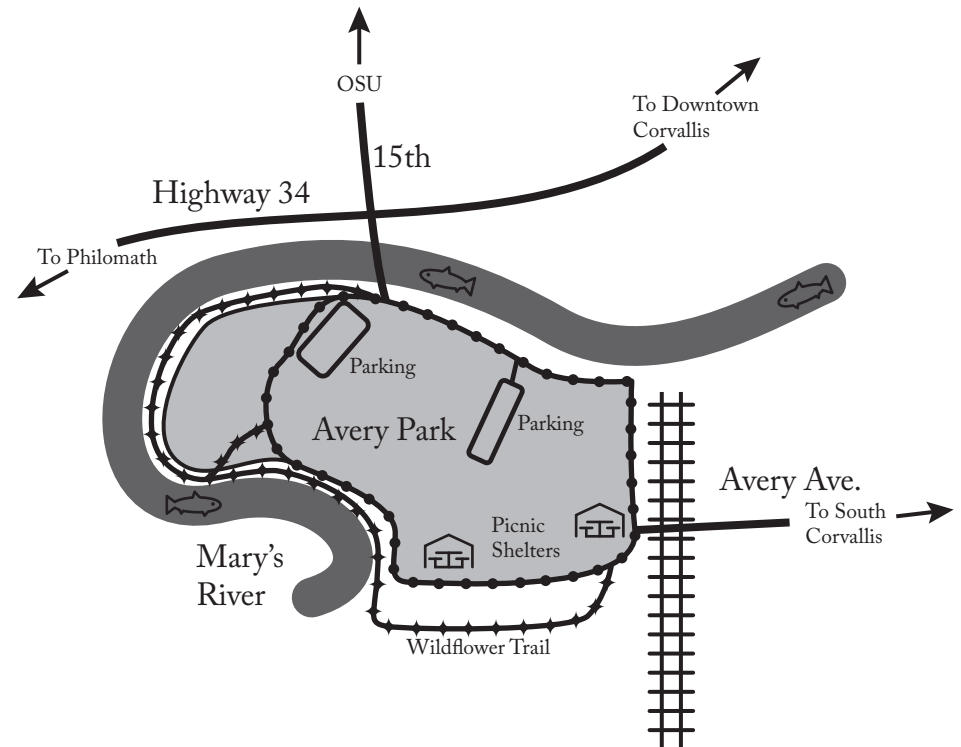
Having others depend on you will increase your likelihood of continued success. Being a role model will bring good feelings from helping others and will reinforce your motivation to stay with your active

Walking maps

The following maps highlight area walking routes that are accessible to many Benton County and City of Corvallis offices. The routes presented vary in their total distance and terrain. A moderate walking pace is approximately 20 minutes per mile



Avery Park Loop	
Routes	
	Road Loop 1 Mile
	Road Loop plus Wildflower Trail Extension 1.8 Miles



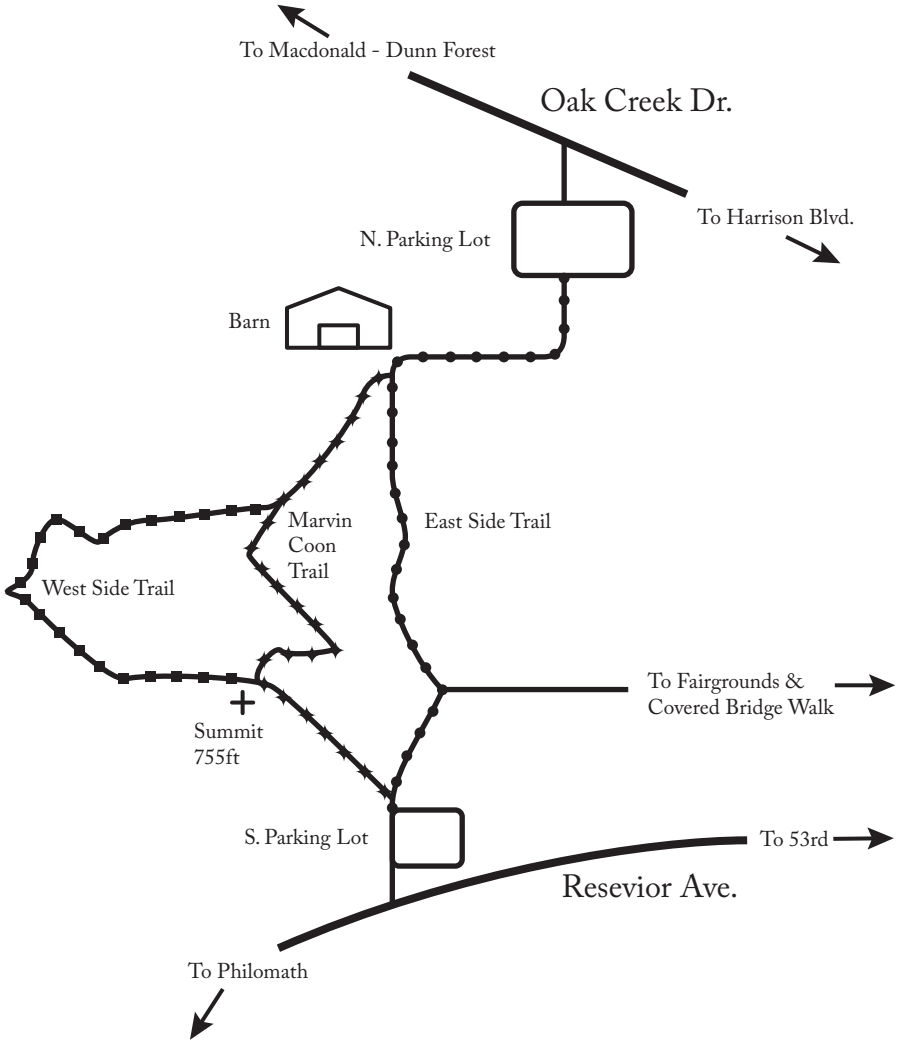


Bald Hill Park

Routes

- N. to S. Parking Lot Loop
1.8 Miles
- ◄—► Marvin Coon Trail Loop
from N. to S. Parking Lot
2.2 Miles
- West Side Trail Loop from
N. to S. Parking Lot
2.5 Miles

Spectacular view from the Summit!

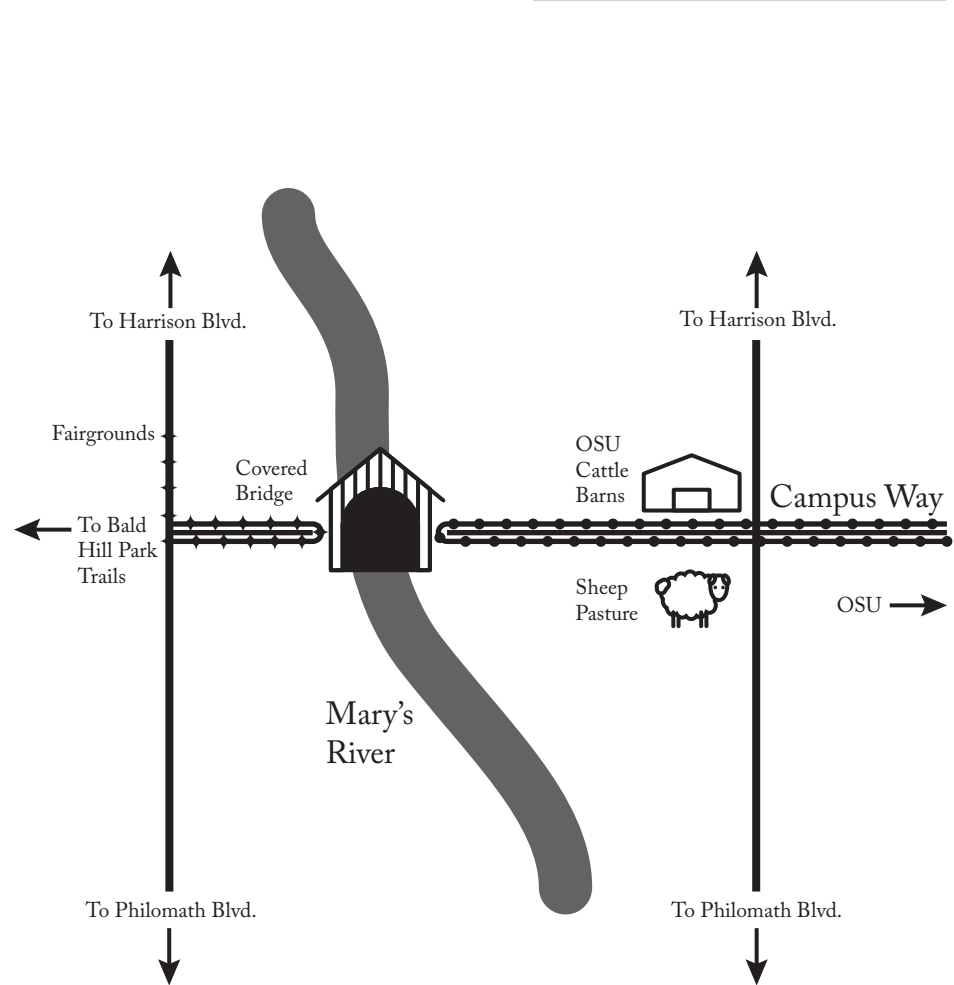


Covered Bridge Walk

Routes

- From OSU
1.2 Miles
- ◄—► From Fairgrounds
1.2 Miles

Park at the Fairgrounds or on the OSU Campus



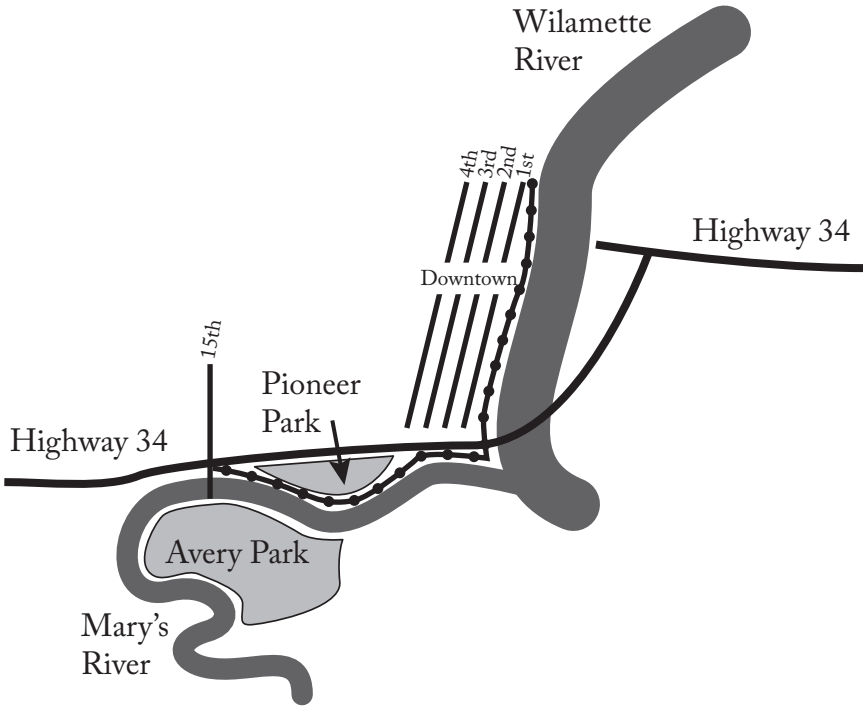


Downtown To Avery Park Loop

Route

- Downtown to Avery Park Loop
1.5 Miles

Trail starts behind 1st Street. Length depends on how far North you start.

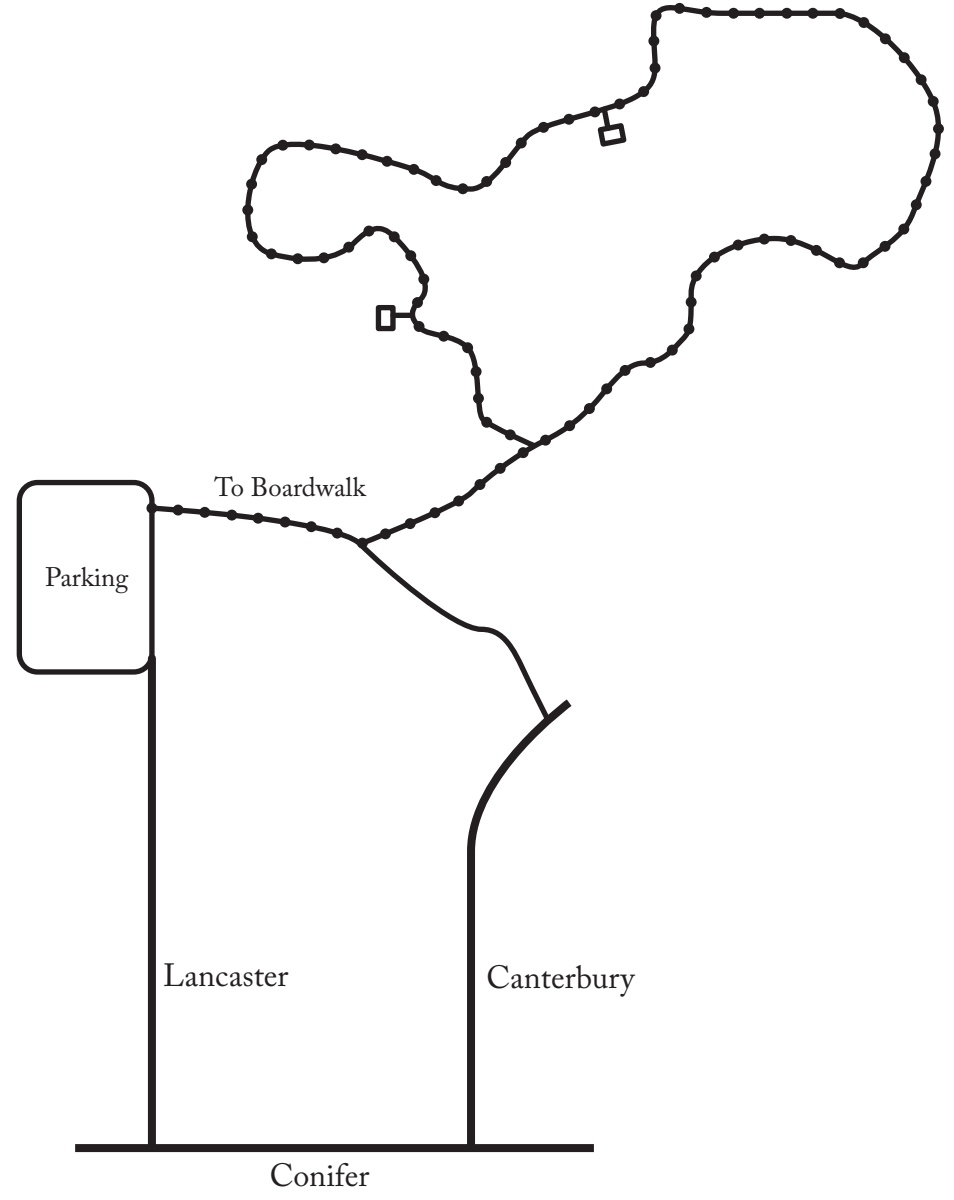


Jackson Frazier Wetland

Route

- Boardwalk Loop
1 Mile

Boardwalk may be slippery when wet!





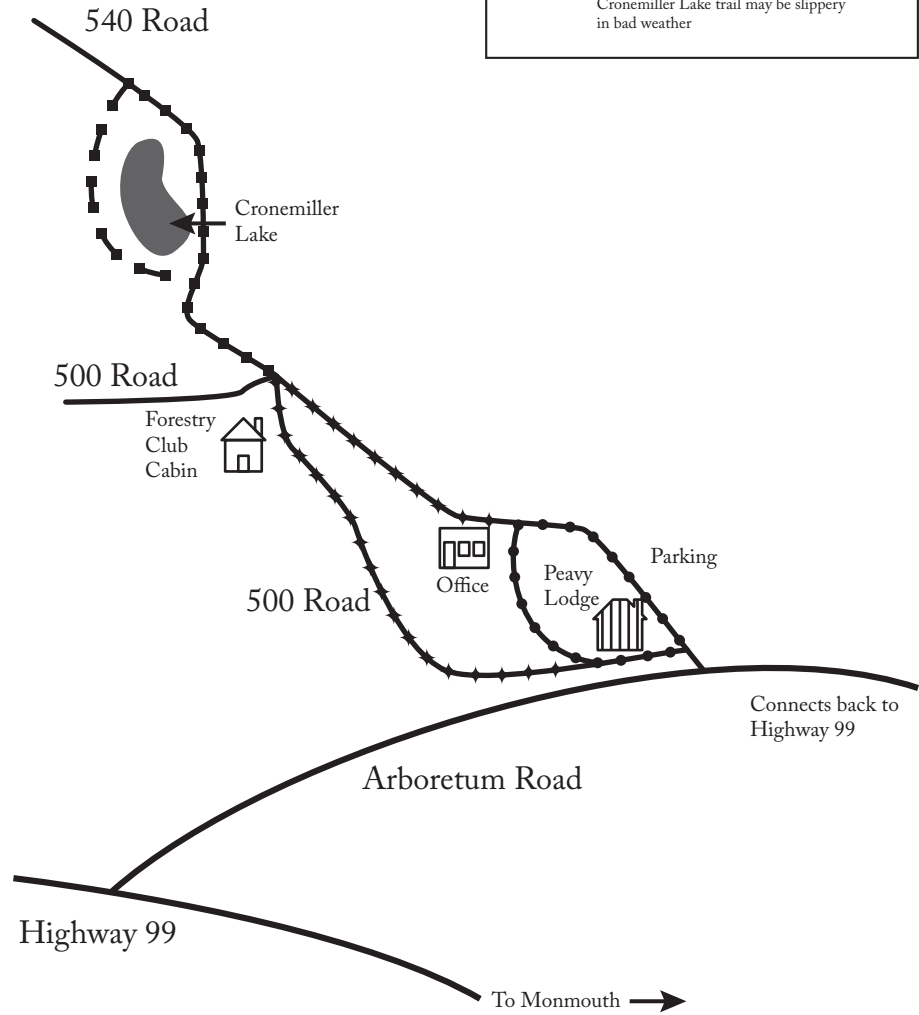
Peavy Arboretum Loops

Routes

- Easy 0.3 Miles
- Moderate 1.1 Miles
- Moderate Uphill 1.7 Miles

Either follow trail around Cronemiller Lake or turn back around

Cronemiller Lake trail may be slippery in bad weather

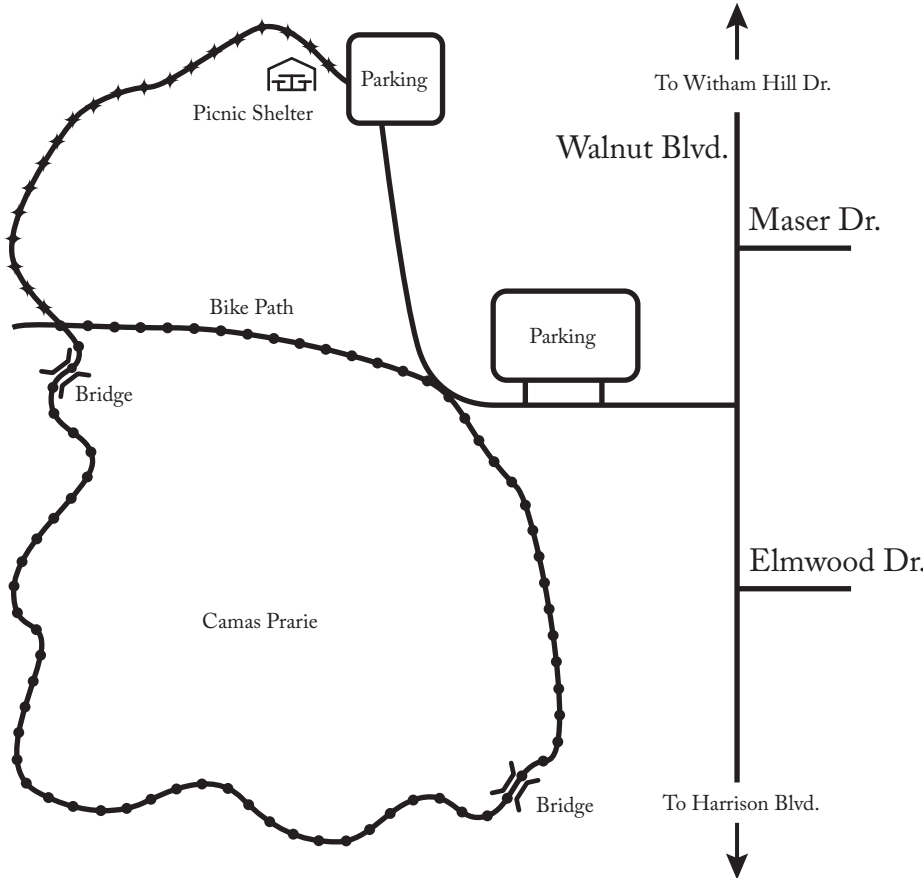


Walnut Park Loop

Routes

- Short Loop 0.6 Miles
- Short Loop plus Picnic Shelter Loop 0.8 Miles

Trails may be muddy.

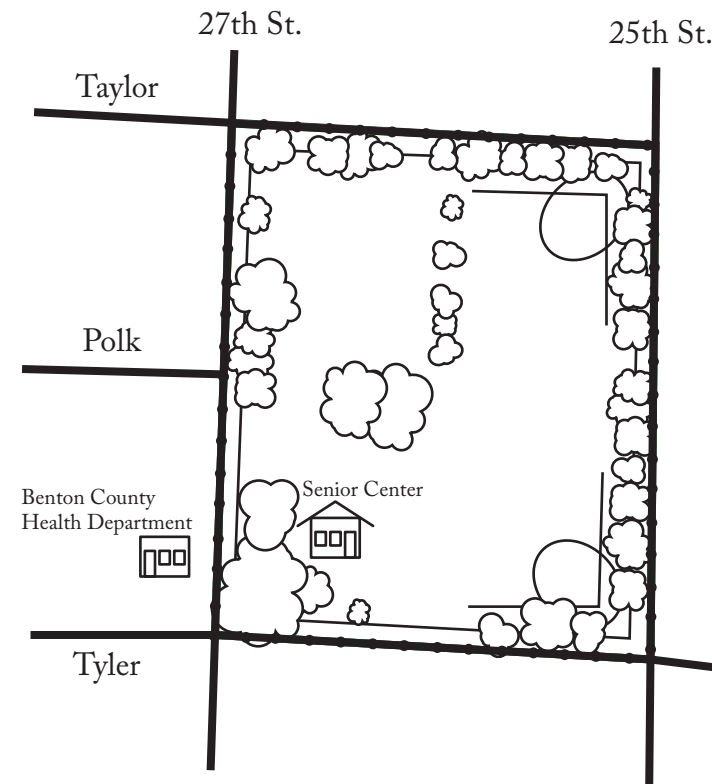
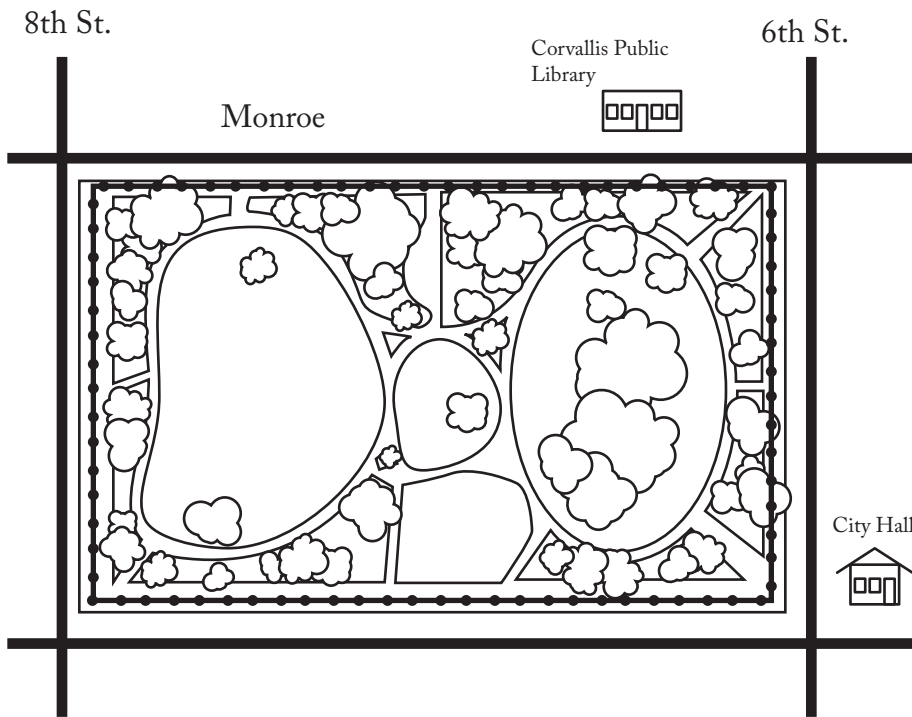




Central Park
Route
● Central Park Loop
0.3 Miles



Chintimini Park
Route
● Chintimini Park Loop
0.4 Miles





Willamette Park Trail
Route
●— Willamette Park Loop
4.2 Miles

