

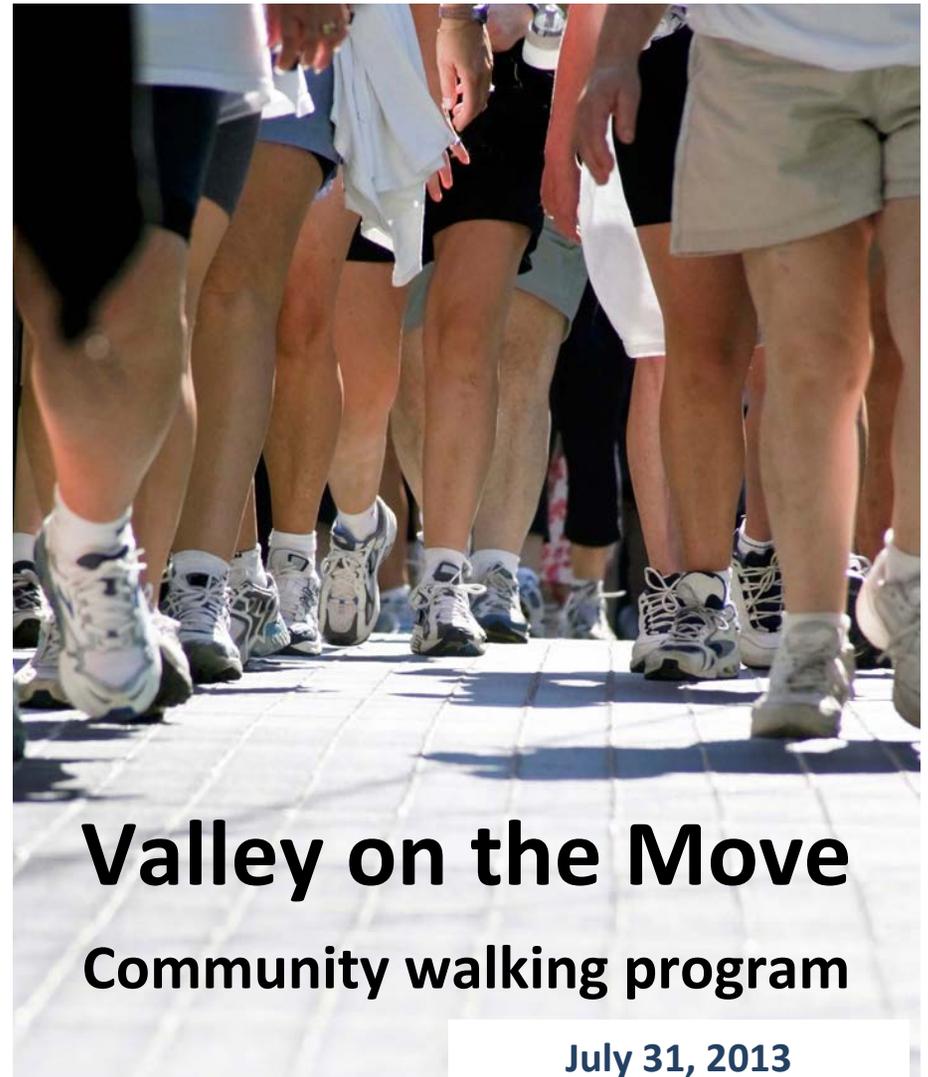
Working with a community advisory committee, University of Idaho Extension in Nez Perce County provides the *Good Long Life* program. Good Long Life hosts a series of seminars offering education and resources to help people make informed decisions throughout their lives to improve their overall well-being. As a component of Good Long Life, *Valley on the Move* is a community-wide walking program that supports increased physical activity among area residents of all ages.

The UI/Nez Perce County Extension Healthy Aging Advisory Committee includes representatives from:

- Addus Health Care
- Area Agency on Aging
- Auburn Crest Hospice
- Burrell Street Station
- Disability Action Center—Northwest
- Eat Smart Idaho
- Emeritus at Juniper Meadows
- Idaho Housing & Finance
- Public Health—Idaho North Central District
- Lewis-Clark State College
- Millcreek Apartments



United States Department of Agriculture
National Institute of Food and Agriculture



Valley on the Move

Community walking program

July 31, 2013

7 a.m.

University of Idaho
Extension

Nez Perce County

Marina Parking Lot
(north of "Blue Bridge" on
Clarkston side)

The University of Idaho is an equal opportunity/affirmative action employer and educational institution. United States Department of Agriculture, University of Idaho and Idaho counties cooperating.



What's your goal? Valley on the Move can help you get there! It's easy, fun and free!

1. Start Moving

a. Know your baseline

Get a step counter also known as a pedometer. Wear your step counter for any 3 days within one week. Do your regular activity—don't change anything during your chosen three days. Clip on the step counter in the morning and record your total steps at the end of each day in the chart below. When you are done, divide your total steps by three to find your baseline.

STEPS FIRST THREE DAYS	
DAY	STEPS
1	
2	
3	
TOTAL	
DIVIDED BY 3	
= BASELINE	

b. Increase your steps

Find ways to increase your daily steps by 2000 over your baseline. Once you have achieved this, keep increasing your steps to a level that is comfortable for YOU.

How to use your step counter (pedometer)

1. Clip your step counter to your waist band or belt directly above your knee.

2. Be sure it's horizontal to the ground, not angled or dangling from your clothing.
3. If your step counter has a cover, it must be closed to register steps.
4. Test for accuracy by setting the step counter to 0 and walking 50 steps.
5. Check the display. If the reading is between 45-55, it is working properly.

c. Tips to get an extra 2000 steps a day—every step adds up!

- Avoid the elevators and escalators; take the stairs instead.
- Get off the bus 1 or 2 stops early and walk the rest of the way.
- Designate 10 minutes of your lunch break for a quick walk.
- While you watch TV, walk in place during the commercials.

2. Eat Smarter

Find ways to decrease 100 calories from your diet.

Tips to eat 100 fewer calories each day—every calorie counts!

- Drink nonfat or 1% milk instead of whole milk.
- Leave 3-4 bites on your plate at the end of each meal.

- Snack on fresh fruit or vegetables instead of chips, crackers or cookies.
- When eating out, choose a side salad rather than chips or fries.

Share the fun and take steps to a healthier way of life!

You will receive at no cost:

- Fresh air and a river view
- Daily steps baseline chart
- 6-week step log
- Pedometer
- Information
 - Activity converted to steps
 - 100 ways to increase 2,000 steps
 - 100 ways to decrease 100 calories
- Inspiration and encouragement from other walkers

****If you have specific health concerns, consult your health care professional.****

For more information or to register, contact:

UI/Nez Perce County Extension
 1239 Idaho Street, Lewiston, ID 83501
 (208) 799-3096
 nezperce@uidaho.edu