



Simple Steps Let's Move and Learn Together!

Participate with a friend, a group, an office, a family...

Making it **Fun** and **Simple!**

Just measure minutes of activity!

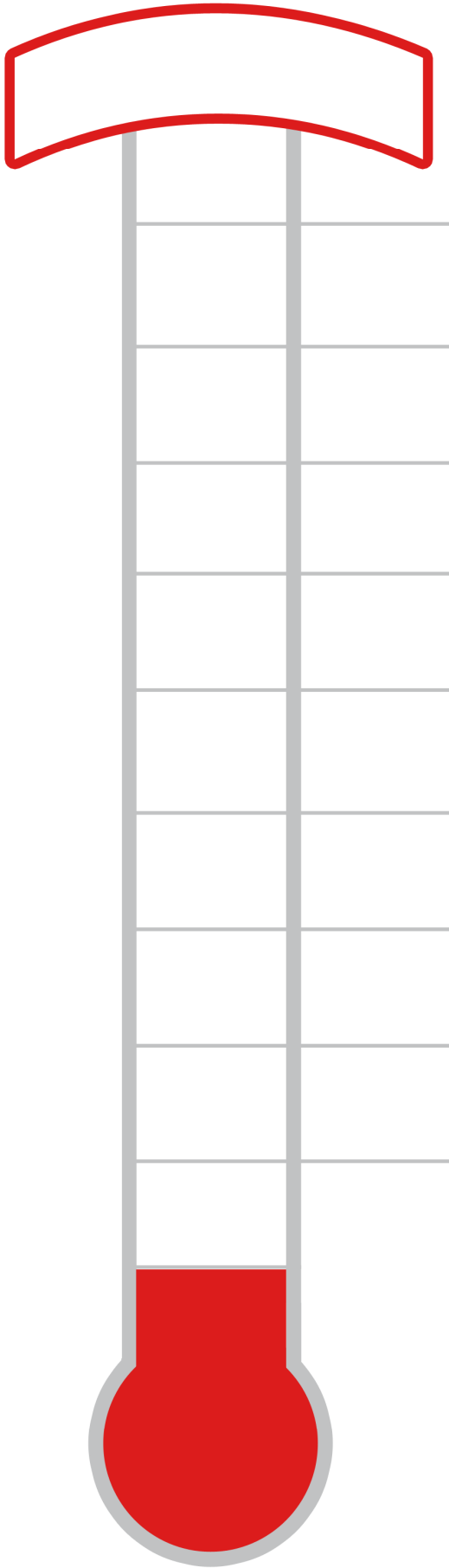
See how many people you can get to move with you!

Set a goal in number of minutes and go!

Start Date: _____

Sign up with the leader(s) listed below! You will be reporting your weekly minutes to them.

Family members can participate too!



Our goal

THANK
YOU!

Get your minutes from....

Walking
Aerobic dance/Zumba
Backpacking
Badminton
Ballroom dancing
Basketball
Bicycling
Calisthenics
Canoeing
Children's playground games
Circuit training
Climbing - rock or mountain
Fencing
Football
Gardening
Golf
Gymnastics
Handball
Health club exercise, general
Hiking
Hockey - field and ice
Horseback riding
House cleaning -moderate/vigorous
Ice Skating
Inline skating
Jazzercise
Jogging
Jump rope
Kayaking
Kickball
Lacrosse
Lawn mowing –hand power mower
Martial arts
Punching bag
Raking lawn and leaves
Raquetball
Roller skating
Rowing machine
Running

Scuba diving
Skateboarding
Ski machine
Snorkeling
Soccer
Softball
Square dancing
Squash
Stairmaster
Stationary bicycling (
Step aerobics
Swimming
Table tennis
Tai chi
Tennis
Volleyball
Water aerobics
Water polo
Waterskiing
Weight lifting, moderate effort
Wrestling
Yoga

You can add to this list if you would like. Just make sure it is definitely physical activity.

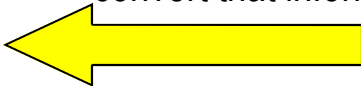
What Is Physical Activity?

Physical activity is any body movement that works your muscles and uses more energy than you use when you're resting. Walking, running, dancing, swimming, yoga, and gardening are examples of physical activity.

According to the Department of Health and Human Services' ["2008 Physical Activity Guidelines for Americans,"](#) physical activity generally refers to bodily movement that enhances health.

Exercise is a type of physical activity that's planned and structured. Lifting weights, taking an aerobics class, and playing on a sports team are examples of exercise.

STEPS	MILES	MINUTES
500	0.25	5
1000	0.50	10
2000	1.0	20
3000	1.5	30
4000	2.0	40
5000	2.5	50
6000	3.0	60
7000	3.5	70
8000	4.0	80
9000	4.5	90
10000	5.0	100



If you have people using a pedometer or walking miles they can approximately convert that information to minutes with this easy chart!

Simple Steps **Moving Together Fun Challenge !** Starts _____. Every day you are active, put the number of minutes in the box. Each week you will give the total number of minutes to your leader.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week Total:
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week Total:
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week Total:
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week Total:

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Simple Steps News



Cornell University
Cooperative Extension
Livingston County

Cornell Cooperative Extension Livingston County provides
equal employment and program opportunities.

Website of the Week: Reminder! HIP HOP is on Facebook – Is he the first Kangaroo with a FB page? Probably not, but we bet he's the first one dedicated to wellness! Tell him you like him at: <http://on.fb.me/HIPHOPfacebook>



First of Four: Overweight and Genetics

In this four-part series, Florida and national experts weigh in on 40 reasons Americans are overweight — and what you can do about them.

Genetics: "About half our propensity to gain weight or not is inherited," says Dr. Steve Smith, an obesity expert and scientific director of Sanford-Burnham Translational Research Institute for Metabolism and Diabetes, in Orlando. Though genes haven't changed much in thousands of years, we have seen a rapid change in the environment, and that has interacted with our genetic propensity toward obesity. "Your genes won't make you fat unless you put them in the wrong environment." In other words, obesity is a result of the way certain genes interact with an environment stacked against them.

PLUS—Nine More Genetic Factors At the Link Below

What can we do about it? Differences in genetic makeup, metabolism and even bacteria levels in the gut explain why some people gain weight and others don't. But obesity experts are quick to add that just because you've inherited a tendency to put on pounds doesn't mean you have to feed that tendency. Everyone can build lean-muscle mass through exercise, especially weight training, to boost metabolism. That will help you burn more calories even at rest. Exercise also may give brown fat a boost. Pregnant moms need to be especially mindful of excess weight gain, sugar consumption and controlling blood-sugar levels through diet and exercise so they don't pass on problems to future generations. Losing baby weight between pregnancies also would help. While Americans do their part, scientists will continue to look at ways to manipulate gut bacteria and hormone levels to help prevent weight gain — and weight regain.

For the rest of the article (and note they use different terms than we do in Livingston County): <http://thesent.nl/xCO39S>



*Please come to the Wellness Fair at the Livingston County Chamber of Commerce
Stop in Anytime—Thursday, February 9, 2012 from 10:30 am-12:30 pm*

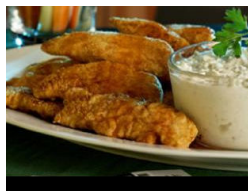
How Did People Take Weight Off and Keep it Off? The Study Says...

The most successful dieters from the National Weight Control Registry — which has 10,000 members who have lost at least 70 pounds and kept it off for five years —

1. Counted calories
2. Stuck with low-calorie diets
3. Exercised
4. Limited television
5. Weighed themselves daily
6. Limited their dietary variety, Wing said.

In addition, 60 percent say they were just as strict on weekends as on weekdays, while 78 percent ate breakfast most days or daily, and most limited fast-food meals to less than once a week. "Maintaining weight loss for the long term is possible," Wing said, "but it requires vigilance in the face of the current toxic food environment in which we live."

For more info: <http://bit.ly/nwcresearch>



Super Bowl Healthier Recipes Collection from Eating Well Pictured: Buffalo Wings

Diabetes appropriate | Low calorie | Low carbohydrate | Low saturated fat | Low sodium | Heart healthy | Healthy weight |

Recipes here: <http://bit.ly/superbowlhr> and <http://bit.ly/justthewings>

You must do the things you think you cannot do. Eleanor Roosevelt

Problem (Diabetes or PreDiabetes) - Research - Solutions

RESEARCH

Diabetics who receive regularly scheduled monthly care to learn how to improve their health have a more rapid recovery compared with similar patients who receive only sporadic healthcare visits, according to new research.

The study, published Tuesday in the journal *Diabetes Care*, shows in stark contrast the difference between engaging patients in their own care and leaving them to their own devices. Researchers at Brigham and Women's Hospital in Boston looked at data from more than 30,000 people with diabetes and who had high blood glucose, high blood pressure or high cholesterol. The patients were followed for seven years.

The patients who received once-monthly counseling as part of their primary care visits needed an average of only 3.9 weeks to reach their target goals for blood sugar, blood pressure or cholesterol. That compared with an average of 13.5 months for people who received counseling only once every one to six months. The study controlled for other factors that affect health improvement, such as the patients' medication regimens.

Monthly counseling "clearly . . . gets people to goals faster than when they are not given continued encouragement and information on how to increase physical activity levels, eat properly and reduce lipids," the lead author of the study, Dr. Alexander Turchin, said in a news release.

Too few people with diabetes receive intensive lifestyle counseling, the authors said. Since this type of counseling is time-consuming, doctors may need to find better ways to provide the help, such as through group visits or via nurse practitioners. From: <http://lat.ms/Afl0eC>

530-74-000

**The Livingston County Diabetes Coalition
Presents:
*The Journey to Managing your Diabetes***



The Journey begins...

Noyes Hospital Diabetes Education Program

~ Recognized by the American Diabetes Association ~

Individual meeting with Certified Diabetes Educator to personalize your plan of care and get Diabetes Education! Covered by insurance. Call 585-335-4355 for appointment.

Next Stop: A nutrition class to discuss what you can eat when you have diabetes.

Next Stop: A class on diabetes basics, testing complications, medications...AND THEN

Healthy Eating on a budget with taste testing, Exercise, and Stress Management...provided by RN, Certified Diabetes Educator

Other education opportunities: Advanced carbohydrate counting, individual diet plan with a dietitian, all medications and insulin, and insulin pumps with Certified Diabetes Educator.

No Insurance:
Geneseo Parish Outreach Center
(585) 243-3120 for appointments.

Also!
Free Diabetes Support Group
Livingston County Department of Health
585-243-7299 for dates and times.

Free Eat Smart New York
Cornell Cooperative Extension
585-658-3250 for information.

Take Charge, Call Today!!!

