

Power Walk to Health & Fitness with Peggy and Anabel

April 29, 2021 Friday 6:00am to 7:00am

Optional 1 CE - Meet in the Hotel Lobby at 6:00 am

Presented by: Margaret Rosier, RN, BSN, CRRN, CCM & Anabel Velazquez, BSN, RN, CRRN, CDMS, CCM

Wear comfortable walking shoes, comfortable loose, white upper clothing if possible. Please bring a bottle of water. We will be walking on sidewalks on and around Disney Property. It will be dark. Approximate mileage 3.1 miles or less. (5k or less) walk- This is not a speed test. We will be carrying phones. We will walk at a comfortable pace to get back in time for showers and breakfast.

CE Objectives:

Discuss the benefits of walking or walk/run as a form of exercise to improve health and fitness such as:

To increase cardiovascular and pulmonary (heart and lung) fitness. Reduced the risk of heart disease and stroke.

Improve management of conditions such as HTN, high cholesterol, joint and muscular pain or stiffness, and diabetes.

Develop stronger bones and improved balance.

Here are some of Our Tips to a successful Walk/Run experience:

Getting Started and Goals:

1. Are you medically cleared?
2. Have you discussed your goals with your medical provider?

What do you want to accomplish?

One mile, 5k, 10k to a marathon?

Walk -or run, or run/walk methods

1. Schedule: https://gorhamme.myrec.com/forms/5774_couchto5k.pdf
2. Cross-training
3. Weight training as little as 5-10 minutes daily can prepare the beginner for the demands of running.

How often? Age-appropriate recommendations:

1. At the beginning run for time, not distance.
2. In the beginning, it is ok to repeat weeks to adapt and decrease the chances of burnout.

Couch to 5k Plan (Weekly) Example

Monday: Run #1. Workout time: 20 minutes.

Tuesday: Rest Day, or yoga.

Wednesday: Run #2. Workout time: 20 minutes.

Thursday: Cross-training like weightlifting or cardio class like Zumba.

Saturday: Run #3. Workout time: 20 minutes.

Sunday: Rest Day.

Your gear:

1. Wearing the properly fitted shoes: Find a reputable local running store in your area.
2. Get fitted for a trial run
3. Clothing- many options; for women - right bra, right tops, skirts, shorts, Capri's

Hydration:

1. Aim for 16 ounces (2 cups) of water at about two hours before you run
2. About 15 minutes before a run, drink six to eight ounces of water
3. During a run longer than 1 hour, drink water at regular intervals
4. After a run, aim for at least 16 ounces of water with food

Hot and cold weather:

Hot Weather:

1. Start hydrating early, before and after your run.
2. Run early in the day or later in the evening when it is cooler.
3. Avoid running outside if the heat is above 98.6 degrees and the humidity is above 70-80%
4. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat.
5. Start early in the day during summer days.

Cold Weather:

Get a thorough warmup inside
Keep your head and hands warm
Wear a base layer
Wear shoes with traction
Underdress by a few degrees
Stay aerobic
Stay hydrated
Time yourself

Eating before exercise:

Runners should eat a well-balanced and healthy meal containing protein, complex carbohydrates, and healthy fats.

Depending on your own body type and metabolism, many runners consume food no more than 30-60 prior to running.

Applications, Training Groups, Gyms:

Applications: Best Overall: [Runkeeper](#)
Best Route Finding and Tracking: [MapMyRun](#)
Best for Beginners: [C25K 5K Trainer](#)
Best Community App: [Strava](#)
Best for Runners Who Want a Coach: [Running by Daily Burn](#)
Best for Motivation: [Charity Miles](#)
Best for Reaching Your Health Goals: [MyFitnessPal](#)
Best for Apple Watch: [Nike+ Run Club](#)

Training Groups: You can ask at a reputable running store in your area or google.: Jeff Galloway Training Groups and Jeff Galloway the official trainer for RunDisney@com

Gyms: Check out gyms in your area for group weight training and stretching (yoga) classes. Regular stretching is very important.

Staying Injury Free: Main goal is to stay free from injury and have fun

DON'T DO TOO MUCH TOO SOON.
LISTEN TO YOUR BODY.
DON'T COPY THE PROS.
RUNNERS NEED STRENGTH TRAINING.
SLOW DOWN, THEN SPEED UP.
STRETCH, PERIOD.
USE CROSS-TRAINING TO YOUR ADVANTAGE.
MAKE RECOVERY A LIFESTYLE.

RESOURCES:

<https://www.nonetorun.com/blog/couch-to-5k-running-plan-alternative#versus>

<https://www.regmedctr.org/webres/File/For%20the%20Health%20of%20It/Couch%20to%205K.pdf>

<https://brighamhealthhub.org/hydration-for-runners/>

<https://www.nytimes.com/guides/well/healthy-eating-for-runners>

<https://www.verywellfit.com/best-running-apps-4165816>

<https://www.healthline.com/health/fitness-exercise/essential-runner-stretches>

<http://www.rundisney.com>