



GREAT PRAIRIE™

First Steps

According to a joint study by the American Heart Association and the American College of Sports Medicine on physical activity, it is suggested that all healthy adults ages 18-65 should experience at least 30 minutes of moderate intensive activity five days of the week. Though an extensive list of activities could be developed, Great Prairie suggests three of any five weekly activities. These three activities can be accomplished near your residence, part of a relaxing day trip and during vacations. Whether you live in the mountains or by the ocean, get outside and enjoy your corner of the prairie. It's time to get fit and lower the obesity rate on the Great Prairie!

WEDNESDAY WALK – Develop 4-5 different walking routes near your residence and walk a different route each Wednesday. To achieve a full body workout, try Nordic Walking that uses 90% of your body's total muscle mass. For those in colder climates, lace up some snow shoes during the winter months and experience the excitement of walking on top of the snow.

SATURDAY SWIM – Regardless of your preference for a natural body of water or the local cement pond, learning to swim and gradually increasing your comfort level by increasing your endurance will reap long term benefits to your heart and body. Great Prairie encourages all swimmers to follow local advisories and to obey lifeguard instructions at all times.

SUNDAY CYCLE/SKI – There are numerous resources available for biking trails in your community. Take advantage of these existing trails or create your own secret excursion. For your safety, yield to vehicles when biking roads and trails and wear gloves as well as a properly fitted bike helmet. Great Prairie also encourages the use of mouth guards to further reduce the likelihood of a concussion in the event of an accident. [Click here](#) to research local bike trails. For those who live in colder climates, substitute cycling during the winter months with skiing, whether downhill or cross country.

Engaging in these three activities are the first steps toward achieving a healthy and sustainable lifestyle. No diet or exercise plan is going to produce results unless you yourself make a conscience decision to consistently improve your nutriment intake and appropriately train your heart. Combining these elements will improve the quality of your life.

