

WALKING THE WALK

Think back over your last week at work. If it helps, refer to your calendar.

Note the time of day, duration and specific activities during the past week which entailed significant movement—meaning at least 20 minutes consecutively.

	Cardiovascular Run, swim, bike, Stairmaster	Strength Weight training, push-ups, sit-ups	Flexibility Stretching, Yoga, Pilates	Movement Walking, gardening
Mon.				
Tues.				
Wed.				
Thur.				
Fri.				
Sat.				
Sun.				

- Interval vs. steady state exercise.
- Strength training: Use it or lose it (but don't overuse it).
- Stress is not the enemy—it's the key to building capacity.
- The enemy is the absence of intermittent recovery.
- Flexibility: Range of movement.
- One step at a time: The 10,000 step challenge.

What is the single most important change you could make to improve your fitness and movement?
