

# SWANSEA MALL WALKER'S CLUB

## Personal Walking Journal

It is highly recommended that you record and measure your progress. You can record by minutes and/or miles walked.

To convert minutes walked to miles:

- Time how long it takes you to walk one mile.
- Divide the total number of minutes walked by the number of minutes it takes you to walk one mile.  
Example: If it takes 15 minutes to walk one mile, a 45-minute walk is equal to 3 miles ( $45 \div 15 = 3$ ).

## Swansea Mall Rules

Please respect the mall property and fellow walkers.

- Please use the racks (located near Macy's) for coats and jackets.
- Please walk no more than two abreast to allow room for passing walkers.
- For your safety, please do not walk through setups for mall events or move any equipment such as tables or chairs.
- If you are walking outside, please walk on sidewalks only, not in the parking areas.

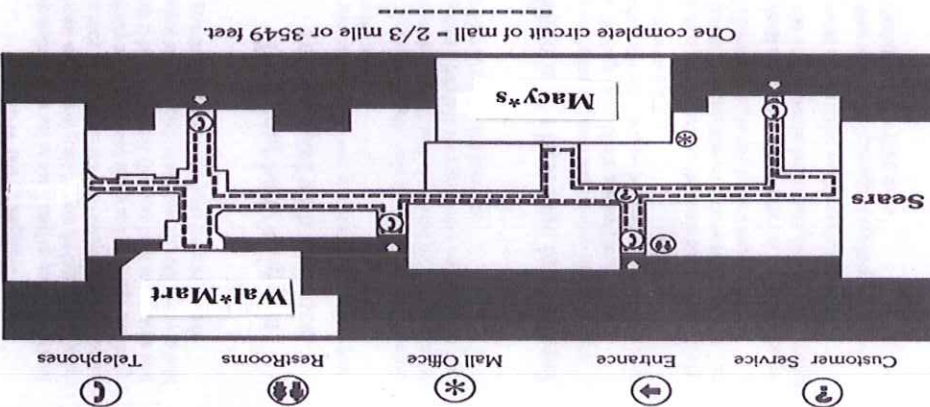
## As a Swansea Mall Walker, I Understand:

- That I am voluntarily becoming a member of the Swansea Mall Walker's Club, and that I am in good health.
- That the walking hours for the mall are Monday thru Friday from 8 am to 9 pm, Saturday from 7:30 am to 9 pm and Sunday from 10 am to 6 pm.
- That the mall will be open for walking only on regular business days.
- That I will hold harmless Swansea Mall for any accident or injuries that may occur as a result of my participation in the mall walking program.

# Walker's Club Guidelines



# SWANSEA MALL



It is agreed that participants in the Mall Walkers Club program will indemnify and hold harmless the Swansea Mall, owners and agents, their partners, directors, officers, employees, agents and representatives (collectively "Swansea Mall") from all damages, losses, liabilities, claims, suits, costs and expenses.

Swansea Mall is managed by Jones Lang LaSalle  
7/30/10

**Congratulations!** You are about to start an exercise program which will put you on the road to better health and fitness!

### **Why should I begin a regular walking program?**

A regular program of brisk walking prevents and manages several major health problems: coronary heart disease, hypertension, obesity, diabetes, anxiety, depression, arthritis and osteoporosis.

#### **A regular program of brisk walking...**

- Can slow the aging process and add years to vigorous living
- Energizes; increases stamina and strength
- Strengthens bones and fights osteoporosis
- Controls weight gain. One hundred extra calories a day can result in a 10 pound weight gain. These extra calories can be burned up by a 15 to 20 minute walk each day.
- Improves digestion and elimination
- Tones and strengthens muscles which otherwise become soft and flabby
- Keeps joints, tendons and ligaments more flexible, promoting easy, unrestricted movement.
- Increases the efficiency of the cardiorespiratory system, strengthening the lungs and increasing breathing capacity.
- Stimulates cardiovascular fitness, strengthening the heart and improving circulation.
- Helps maintain a sense of balance and agility, lessening the likelihood of injuries from falls or accidents.
- Improves your self-image and sense of self-reliance and independence.
- Relaxes, relieves stress and tension.
- Feels good; is good for your health at any age.

If you have any question about your ability to start a walking program, please consult your physician first.

### **How do I begin?**

How much exercise will be determined by your present level of fitness and personal goals. If you have been relatively inactive, proceed slowly and gradually. Your body needs to be reconditioned. Give your heart and muscles time to adjust to the demands of exercise. You will be able to build up your time and pace as your body becomes more fit.

### **Trust your body's signals & proceed with patience.**

As your condition improves, experiment by increasing your time and pace. For the greatest benefits, walk at least 30 minutes three times each week. Start each walk at a gradual pace for five minutes. Be patient. It may take you many weeks before you can exercise 15 to 20 minutes at a brisk pace.

#### **When is the best time to exercise?**

Try to schedule your mall walking when shopper traffic is low. Mornings before 10 a.m. are best, although many people prefer to walk on their lunch hour or in the evening. Mall doors open at 8 a.m. Monday thru Friday, at 7:30 a.m. on Saturday, and 10 a.m. on Sunday. Before walking, be sure to follow these guidelines.

- Avoid exercise on a full stomach; wait two to three hours after a meal. (Exercise before meals decreases the appetite.)
- Avoid exercise during an illness or injury.
- Wear comfortable, lightweight, loose-fitting clothes and comfortable, proper-fitting shoes.

For safe, efficient aerobic walking, it is essential to warm up and cool down:

#### **Warm-Up**

The gradual increase of physical activity prior to a workout is referred to as the "warm-up." Gradually stepping up the pace of your work elevates your pulse rate, respiratory rate, and body temperature. Ligaments, tendons and muscles are limbered. A ten-minute warm-up is advisable. You can warm up by a ten-minute walk, followed by slow smooth stretching movements.

### **Cool-Down**

The gradual decrease of physical activity following a workout is a "cool-down." A five- to ten-minute "cool-down" eases the body's transition back to a resting state. Decreasing your rate of movement to a slow walk allows your body temperature and leg muscles to cool off. Your breathing and heart rate gradually return to normal. Your blood is effectively pumped back and distributed throughout your body.

### **Check your pulse**

Your pulse rate tells you how fast your heart is beating. The number of pulses per minute equals the number of times per minute the heart contracts and pumps out blood. A slower heart rate at rest is your indication of improved cardiovascular fitness.

### **Don't over-do it!**

The following is a list of warning signs. These body responses are not normal reactions to exercise and may indicate overexertion, incorrect exercise or physical limitations:

- Extreme shortness of breath/labored breathing
- Painful muscles
- Excessive perspiration
- Blueness in lips or fingers
- Irregular, fluttering or falling heartbeat
- Failure of pulse to slow down
- Chest discomfort; pain, pressure or tightness felt on the surface of the chest, with possible extension into your left arm or neck
- Lightheadedness, dizziness
- Lack of coordination
- Nausea

**Your health care specialist should be consulted immediately for any of the above conditions.**

A valuable rule of thumb is the TALK TEST. If you are unable to comfortably carry on a conversation while walking, slow down your pace; you are walking too fast. Always listen to your body's messages.