

# Get Active! In Iowa County



***Too tired?***  
Here's how to  
get the energy  
to be active:

## Have breakfast.

Your body needs to recharge after a long night without food. Fasting too long between meals causes fatigue. Breakfast is a great investment in your day.

## Drink water.

Many people feel tired when they are dehydrated. Be sure to drink enough water to make your urine pale yellow or almost clear. Carry water with you when you exercise. Drink water throughout the day. Water quenches thirst better than soda or coffee.

## Get outside.

Sunlight can wake you up and get you moving. You should get at least 10 minutes of sunshine everyday for your daily dose of vitamin D. While you're outside, take deep, refreshing breaths. Deep breathing can also relieve stress and fatigue.

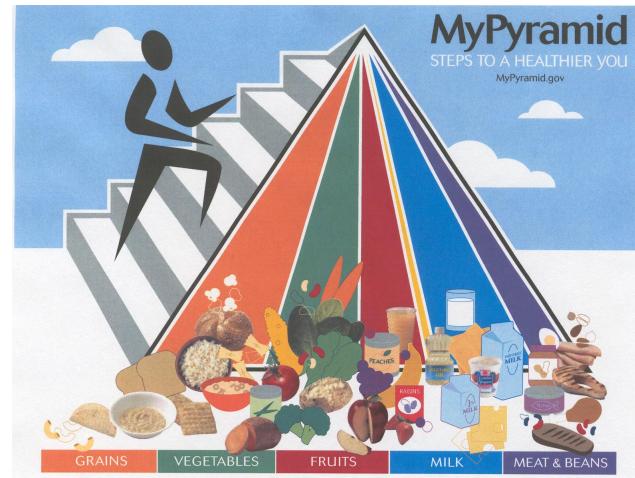
## Get enough sleep.

According to the National Heart, Blood and Lung Institute, most people need about eight hours of sleep a night to feel refreshed and alert. Make sleep a priority for you and your children. Get to bed at the same hour most nights. Avoid habits that can rob you of sleep, such as having heavy meals, caffeinated beverages or alcohol close to bedtime.

## Eat right.

A body can't be active without the right fuel. To feel their best, most people need to eat the following foods every day:

- At least 3 ounces of whole-grain bread, cereal, pasta or rice
- 2½-3 cups of vegetables
- 2 cups of fruit
- 3 cups of low-fat milk or yogurt
- 5-6 ounces of lean meat



## Play it Safe

**Before beginning any regular physical activity program, check with your doctor if you...**

- Have heart trouble, high blood pressure, or joint pain;
- Feel severe breathlessness or pains in your chest or left side when you exercise;
- Often feel faint or have dizzy spells; or
- Are over 50 years old and are not used to a lot of physical activity.

**When you walk, hike, skate or bike outdoors...**

- Plan your activity in the daytime or at night in well-lighted areas.
- Do not wear jewelry or carry a purse.
- Do not wear headphones.
- Be aware of your surroundings.
- Tell someone where you are going and when you will return.
- Carry a cell phone if you have one.

**Be prepared...**

- Bring a bottle of water, to prevent dehydration.
- For sun protection in the summer, use a sunscreen with SPF 15 or greater.
- Wear shoes with thick flexible soles that will cushion your feet and absorb shock.
- Wear clothes that will keep you dry and comfortable. Look for synthetic fabrics that absorb sweat and remove it from your skin.
- For extra warmth in winter, wear a knit cap. To stay cool in summer, wear a baseball cap or visor.
- Do light stretching for 3-5 minutes before and after you exercise. This will help prevent sprains and other injuries.

## Active Fun! Take a Walk

As a physical activity, walking is hard to beat: It's free. It requires no special skills. And most people of any age can do it. It's an activity a family can easily do together. But it's also a great thing to do when you need time by yourself. On pages walking & parks section, you'll find some fine places to take a walk in Iowa County.



### Walking to Get Fit

- Walk with your chin up and your shoulders held slightly back.
- Walk so that the heel of your foot touches the ground first. Roll your weight forward.
- Walk with your toes pointed forward.
- Swing your arms as you walk.
- Think of your walk in three parts. Walk slowly for 5 minutes. Increase your speed for the next 5 minutes.
- Finally, to cool down, walk slowly again for 5 minutes.
- Try to walk at least three times per week. Add 2 to 3 minutes per week to the fast walk. If you walk less than three times per week, increase the fast walk more slowly.
- To avoid sore muscles, *start gradually*. Over several weeks, begin walking faster, going further, and walking for longer periods of time. The more you walk, the better you will feel. For more information about walking, go to <http://walking.about.com> or visit your local library.