

Homework

Tracking

<input type="checkbox"/> Food & activity records online (myfitnesspal)	<input type="checkbox"/> Meditation practice _____ days this week
<input type="checkbox"/> Food, activity & mood journal (paper)	<input type="checkbox"/> Journal 3 pages _____ mornings this week
<input type="checkbox"/> Specific food or eating behavior goal: _____	<input type="checkbox"/> Specific action related to support system: _____
<input type="checkbox"/> Specific activity /fun goal: _____	<input type="checkbox"/> Relaxation practice _____ days this week
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Notes

Physical Activity Calories Per Minute

	Low Intensity	Medium Intensity	High Intensity	Very High Intensity
Your Weight	Raking, gardening, seated aerobics, recreational sports, softball, volleyball, golf (no cart)	Walking , mowing, tennis, weight lifting, biking, light aerobics, in-line skating, calisthenics	Moderate jogging , stair machine, racquetball,	Fast jogging, stair climbing , cross-country skiing (outdoor or machine), jumping rope
<100 lbs.	1 cal/min	3 cal/min	7 cal/min	11 cal/min
120	1 cal/min	4 cal/min	8 cal/min	13 cal/min
140	1 cal/min	5 cal/min	9 cal/min	15 cal/min
160	2 cal/min	5 cal/min	11 cal/min	18 cal/min
180	2 cal/min	6 cal/min	12 cal/min	20 cal/min
200	2 cal/min	7 cal/min	13 cal/min	22 cal/min
220	2 cal/min	7 cal/min	15 cal/min	24 cal/min
240	3 cal/min	8 cal/min	16 cal/min	27 cal/min
260	3 cal/min	9 cal/min	17 cal/min	29 cal/min
280	3 cal/min	9 cal/min	19 cal/min	31 cal/min
300	3 cal/min	10 cal/min	20 cal/min	33 cal/min
320	4 cal/min	11 cal/min	21 cal/min	35 cal/min
340	4 cal/min	11 cal/min	23 cal/min	37 cal/min
360	4 cal/min	12 cal/min	24 cal/min	40 cal/min
380	4 cal/min	13 cal/min	25 cal/min	42 cal/min
400	4 cal/min	13 cal/min	26 cal/min	44 cal/min
420	5 cal/min	14 cal/min	28 cal/min	46 cal/min
440	5 cal/min	15 cal/min	29 cal/min	48 cal/min
460	5 cal/min	15 cal/min	30 cal/min	51 cal/min
480	5 cal/min	16 cal/min	32 cal/min	52 cal/min
500	6 cal/min	17 cal/min	33 cal/min	55 cal/min

- The above calorie values are approximate and can vary depending upon the intensity of the activity.
- **Strength Training:** 150 calories per 30 minute, high intensity, whole body workout
- **Treadmill Grade:** 1 degree grade = 10% more calories burned. (Calorie burn x 1.1)
- **Calories Per Mile:** Body weight divided by 150 x 100.
- **Calories Per Minute:** Calories per mile divided by # of minutes to walk a mile.
- **Swimming:** Burns approximately 500 calories per mile, regardless of weight.
- **Before beginning a physical activity program you should consult your physician.**

Oregon and SW Washington Program Offerings 2012



Arthritis Foundation Aquatic Program™

Astoria Aquatic Center	Astoria	503-325-7027
Juniper Swim & Fitness Center	Bend	541-389-7665
Echo Hollow Pool	Eugene	541-682-5525
Eugene Family YMCA		541-686-9622
River Road Park & Rec. District		541-688-4052
Sheldon Pool		541-682-5314
Tamarack Wellness Center		541-686-9290
Mt. Hood CC Aquatic Center	Gresham	503-491-7243
Hood River Sports Club	Hood River	541-386-3230
Veterans' Memorial Pool	LaGrande	541-962-1367
Mountain Valley Therapy		541-962-0830
Lincoln City Com. Center Pool	Lincoln City	541-994-2131
Madras Aquatic Center	Madras	541-475-4253
Oregon City Swimming Pool	Oregon City	503-657-8273
Dunes Bible Family Pool	Ocean Park, WA	360-665-5380
Northeast Community Center	Portland	503-284-3377
Mittleman Jewish Com. Center		503-244-0111
OHSU March Wellness Center		503-418-6272
Providence Therapy Center		503-215-6301
Prov. Therapy Pool @ Easter Seals		503-223-6840

Aquatic Programs Continued...

Douglas County YMCA	Roseburg	541-440-9622
KROC Center	Salem	503-566-5762
Salem Family YMCA		503-581-9622
Salem Hospital Rehab. Pool		503-561-5932
Sunset Empire Parks & Rec.	Seaside	503-738-3311
Sherwood Regional Family YMCA	Sherwood	503-625-9622
Silver Falls YMCA	Silverton	503-873-0205
Stayton Family Memorial Pool	Stayton	503-767-7665
The Dalles Fitness & Court Club	The Dalles	541-298-8508
Tillamook YMCA	Tillamook	503-842-9622



Arthritis Foundation Exercise Program™

Albany Senior Center	Albany	541-757-8944 x5126
Linn Benton Community College		541-757-8944 x5126
Elsie Stuhr Center	Beaverton	503-629-6342
Bend Senior Center	Bend	541-388-1133
Downtown Health & Fitness Center	Coos Bay	541-267-3948

Exercise Programs Continued...

Benton Center	Corvallis	541-757-8944 x5126
Community Connection of Wallowa Co.	Enterprise	541-886-4265
Echo Hollow Pool	Eugene	541-682-5525
River Road Parks & Rec. District		541-461-7777
Eugene Family YMCA		541-686-9622
Hood River Adult Center	Hood River	541-386-2060
Mountain Valley Therapy	La Grande	541-962-0830
North Plains Senior Center	North Plains	503-647-5666
Belmont Center (Loaves & Fishes)	Portland	503-953-8202
Fook Lock/Hollywood (L & F)		503-281-8109
Hollywood Senior Center		503-288-8303
Mt. Scott Comm. Center		503-823-3183
Multicultural Senior Center		503-988-5470 x24545
Douglas County YMCA	Roseburg	541-440-9622
Salem Senior Center 50+	Salem	503-588-6303
Salem Family YMCA		503-581-9622
Sunset Empire Parks & Rec.	Seaside	503-738-3311
Church of the Nazarene	Sheridan	503-843-2000
Silverton Senior Center	Silverton	503-874-4102
Juanita Pohl Center (L & F)	Tualatin	503-692-6767



Arthritis Foundation Tai Chi Program™

Columbia Memorial Hospital	Astoria	503-338-7543
Active Life Fitness Corp.	Bend	541-389-7536
Terpsichorean Dance Studio		541-389-5351
Benton Center	Corvallis	541-757-8944 x5126
Campbell Senior Center	Eugene	541-682-5318
Tai Chi for Health		541-515-0462
Gresham Senior Center	Gresham	503-988-4870
Hood River Adult Center	Hood River	541-386-2060
Newport Senior Center	Newport	541-265-9617
SW Community Center	Portland	503-823-2840
Redmond Senior Center	Redmond	541-548-6325
Salem Senior Center 50+	Salem	503-588-6303
Bob Chisholm Community Center	Seaside	503-738-3311
Stayton Family Memorial Pool	Stayton	503-767-7665
Marshall Community Center	Vancouver, WA	360-487-7100

EXERCISE RESOURCES

General Resources on the web

www.portlandafout.org – “10-minute newsmagazine on buses, bikes & low-car life”

www.oregonmetro.gov – activities and maps

www.portlandonline.com – type walk into the search field and find lots of options for getting active

www.portlandparks.org – find a trail, join a class or find a park near you

www.BTAoregon.org – bike safety classes, traffic advisories, maps and more

Pools and Aquatic Programs

- Portland Parks and Recreation: www.portlandparks.org
- Tualatin Hills Park and Recreation Department: www.thprd.org
- Hillsboro Aquatic Center: www.ci.hillsboro.or.us
- Middleman Jewish Community Center: www.oregonjcc.org
- Mt. Hood Community College: www.mhcc.edu
- North Clackamas Aquatic Park: www.ncprd.com
- PCC: www.pcc.edu
- YMCA: www.ymca-portland.org

Bicycling

Cycling Clubs

Beaverton Bicycle Club	www.bbcbike.com	Beaverton
Portland United Mountain Pedalers (PUMP)	www.pumpclub.org	Portland
Portland Wheelman Touring Club	www.pwtc.com	Portland

Classes, Training, Support

Portland Bureau of Transportation	www.portlandonline.com
Bike Portland	www.bikeportland.org
Community Cycling Center	www.communitycyclingcenter.org

Books, Publications

Rubber to the Road, 30 Rides Around Portland : Peter Marsh 1997

Rubber to the Road, 30 More Rides Around Portland : Otis Rubottom 2003

Walking and Hiking Resources

Walking Clubs

Group	Web site	Location
Cedar Milers	www.cedarmilers.org	Portland
Rose City Roamers	www.rosecityroamers.org	Vancouver
Wonders of Walking	www.wondersofwalking.com	Portland
East County Windwalkers	www.eastcountywidwalkers.org	Greshman

Books, Publications

Walk About Magazine
www.walkaboutmag.com Free Bimonthly magazine covering local walking and hiking

Portland Walking Maps
www.gettingaroundportland.org Free detailed walking route maps for of all Portland
50 Treks in and around Portland and Vancouver

Walk There! (Metro 2008)
www.oregonmetro.gov

Twenty Explorations in Parks and Neighborhoods

Portland Hill Walks : Laura Foster
2005

100 Hikes in Northwest Oregon : William L. Sullivan 2008

60 Hikes Within 60 miles : Paul Gerald 2007

Classes, Training, Support

- Mazamas : Outdoor classes and activity for all skill levels at www.mazamas.org
- Oregon Wild: Expert staff-lead adventures throughout the year. Most hikes are free at www.oregonwild.org
- Women Walk the Marathon: Training support for distance walkers at www.womenwalkthemarathon.com
- Trails Club of Oregon: Sponsor of various recreational outdoor activities at www.trailsclub.org
- Friends of the Columbia Gorge: Guided hiking tours at www.gorgefriends.org
- Geocaching: Treasure hunting using compass/GPS at www.geocaching.com

MOVEMENT IS MEDICINE

- Physical activity need not be performed in long sessions, nor at vigorous intensities to significantly improve your health. Remember 'bit and pieces', it works!
- The greatest health benefit occurs by changing from a sedentary lifestyle to being active at low to moderate levels. Activity truly is medicine.
- Given the busy world we live in, planning is essential. In addition to such 'planned activity' we can increase activity through NEAT. There are are countless opportunities for this.
- Tracking physical activity helps. It can serve as a motivating tool, provide feedback, and helps us hold ourselves accountable.
- Options for tracking include:
 - Apps such as Myfitnesspal
 - Devices such as the Bodybugg, Fitbit, and FuelBand
 - Calendar/paper