

Active for a **HEALTHIER *Life***

8-week team program that begins in February.

All forms are available electronically and can be found online
http://www.bcps.org/offices/sss/employee_wellness/afl.html

What is Active for a Healthier Life?

Active for a Healthier Life is an eight-week program designed to promote health awareness and physical fitness. You set a minimum goal of 30 minutes a day, 5 days a week for regular physical activity -- anything from moderate activities like walking to more intense activities like running. You record your daily activity on a Points Log for eight weeks. You participate as part of a team, but have the option of exercising in a group or as an individual. A team can be two people, or an entire school or office. Each team needs a team captain or co-captains. This can be anyone willing to collect paperwork and motivate and support their team mates. You will receive tools and support to help you reach your goal. Active for a Healthier Life encourages participants to be more active on a regular basis by combining individual and group strategies that help people change their behavior.

Are You Active for a Healthier Life?

Being Active for a Healthier Life is simple. It could be as simple as taking a walk at lunchtime. It could be going to the gym after work or training for a 10K run. It doesn't matter what the activity is. You set your goal, and then you work as part of a team to achieve the goal. You don't have to be a marathon runner to get in shape. The thing to remember is that it's important to set realistic goals and to look for ways to stay motivated.

Break it Down!

Most health organizations, such as the American Cancer Society and American Heart Association, recommend at least 30 minutes a day of moderate exercise, 5 days a week.

Active for a Healthier Life is an easy-to-follow program that motivates you to stay active. Your success is measured in points. This program uses points as a way for you to measure your commitment to yourself. Each minute of physical activity is equal to 1 *point*. Choose a goal that will take you to your next level of wellness: stretch a bit, but make it realistic. It's that easy. The minimum goal is 30 minutes of activity, 5 times a week. Therefore, the minimum point goal is 150 per week; 1,200 points for eight weeks.

The most rewarding part of the program is knowing that with a little self-discipline, you can achieve your goal and continue to reach for higher levels of fitness. Your goal may be as ambitious as 500 points a week or you may prefer the minimum recommended 150 points a week. It's up to you.