



Let's Get Moving Towards A Healthier U

The “Let’s Get Moving” campaign has been designed to encourage University of Windsor employees to be more active at work, with a primary focus on walking as an easy and simple way to increase physical activity levels.

Benefits of Walking

Walking is a great way to build physical activity into your day. It requires minimal equipment, it can be done at any time of the day, it is simple, free, can be performed at your own pace and it is one of the easiest ways to incorporate activity into your day.

In the short-term, walking:

- Reduces tension and helps alleviate anxiety and stress
- Increases energy levels as more oxygen gets to your cells and tissues because of increased blood circulation
- Helps you get a better night sleep
- Improves your mood
- Enhances your metabolism and helps in digestion

In the longer term, walking:

- Increases cardiovascular and pulmonary fitness
- Reduces risk of chronic illnesses such as heart disease, stroke, type 2 diabetes, asthma, stroke and some cancers
- Improves management of high blood pressure, high cholesterol
- Builds stronger bones and improves posture and balance
- Reduces body fat
- Increases muscle strength and endurance
- Helps to maintain or reduce weight
- Improves brain function. People who walk regularly are less prone to have dementia in later stages of life

To gain these benefits Canada’s Physical Activity Guidelines recommend that adults should accumulate at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, which can be done in bouts of 10 minutes or more.

Before beginning any exercise program it is important that you consult a physician

Be Safe

- Choose well-fitting comfortable shoes with good thread.
- Warm-up and cool-down. Start and finish your walk at a lower pace to help your body warm-up and cool-down.
- Drink plenty of water, particularly if it is hot.
- Practice sun safety.
- If it is a smog day or too hot, consider walking indoors.
- Wear loose, light weight clothing in the summer.
- If it is too cold, snowy or icy outside consider walking indoors.
- Dress in layers.
- Follow pedestrian safety rules.
- Wear bright colored clothing or reflective strips when walking at night.
- If possible, walk with a buddy or group.



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Resources Consulted

The following resources / websites were consulted to develop this campaign:

About.com – Walking Distance Calculator

<http://walking.about.com/library/cal/uckmmiles.htm>

American Heart Association – Get Moving: Easy Tips to Get Active

http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/GettingActive/Get-Moving-Easy-Tips-to-Get-Active_UCM_307978_Article.jsp

Better Health Channel – Walking for Good Health

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Walking_for_good_health?open

Canadian Society for Exercise Physiology – Canadian Physical Activity Guidelines

http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_adults_en.pdf

Canadian Society for Exercise Physiology – Canadian Physical Activity & Sedentary Behaviour Guidelines Handbook

http://www.csep.ca/CMFiles/Guidelines/CSEP_Guidelines_Handbook.pdf

Centers for Disease Control and Prevention – National Healthy Worksite Program – Walking Campaign Tools

<http://www.cdc.gov/nationalhealthyworksite/join/walkingtools.html>

Centers for Disease Control and Prevention – Physical Activity for Everyone: Measuring Intensity

<http://www.cdc.gov/physicalactivity/everyone/measuring/>

Centers for Disease Control and Prevention – Workplace Health Promotion

<http://www.cdc.gov/workplacehealthpromotion/implementation/topics/physical-activity.html>

ConvertUnits.com – Convert Steps to Kilometers

<http://www.convertunits.com/from/steps/to/kilometers>

Encompass Community Services – A Stretch-Break Program for Your Workplace
[http://www.encompasscs.org/files/A Stretch Break Program for Your Workplace 0.pdf](http://www.encompasscs.org/files/A%20Stretch%20Break%20Program%20for%20Your%20Workplace%200.pdf)

Halton Region – Being Active at Work
<https://www.halton.ca/cms/one.aspx?objectId=28045>

Hamilton Public Health Services – A Practical Guide to Starting a Workplace Walking Group
<http://www.hamilton.ca/NR/rdonlyres/B37064B4-C434-49AE-BB18-91A7D0D48513/0/FINALPracticalGuidetoStartingaWalkingGrpWorkplace.pdf>

Hamilton Public Health Services – Workplace Physical Activity: A Review of Literature Examining Policy and Environmental Approaches
[http://www.hamilton.ca/NR/rdonlyres/79F8F671-B240-4B9F-99EB-3DE3901D58BD/0/Literature review FINAL.pdf](http://www.hamilton.ca/NR/rdonlyres/79F8F671-B240-4B9F-99EB-3DE3901D58BD/0/Literature%20review%20FINAL.pdf)

Healthy Alberta – Taking Active Breaks at Work
<http://www.healthyalberta.com/656.htm>

HealthPlus24.com – Top 10 Health Benefits of Walking
<http://www.healthplus24.com/fitness/top-10-health-benefits-of-walking.aspx>

Live Science – The Truth About ‘10,000 Steps’ a Day
<http://www.livescience.com/43956-walking-10000-steps-healthy.html>

NHS Choices – Walking for Health
<http://www.nhs.uk/Livewell/getting-started-guides/Pages/getting-started-walking.aspx>

Occupational Safety & Health Wiki – Recommendations and Interventions to Decrease Physical Inactivity at Work
http://oshwiki.eu/wiki/Recommendations_and_interventions_to_decrease_physical_inactivity_at_work

ParticipACTION – Fun Tips for Being Active
<http://www.participaction.com/get-moving/tips/tips-for-adults/>

Peel Public Health – Stretching at Work
<http://www.peelregion.ca/health/workplace/employees/active/stretch.htm>

President’s Challenge Program – Strengthening Muscles & Bones: Get Motivated
<https://www.presidentschallenge.org/motivated/strengthening.shtml>

Public Health Agency of Canada – Physical Activity Tips for Adults (18-64 years)
<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/07paap-eng.php>

Region of Waterloo Public Health – Move more ... Sit less

<http://www.projecthealth.ca/sites/default/files/files/How%20to%20Build%20Movement%20into%20your%20Day.pdf>

Tesco Living – Top 10 Health Benefits of Walking Everyday

<http://www.tescoliving.com/health-and-wellbeing/fitness/2013/october/top-10-health-benefits-of-walking-everyday>

The Walking Site – 10,000 Steps A Day

<http://www.thewalkingsite.com/10000steps.html>

University of Toronto Environmental Health and Safety – Workplace Exercises

<http://www.ehs.utoronto.ca/services/Ergonomics/exercise.htm>

WebMD – Quick Tips: Getting Active at Home – Get Started

<http://www.webmd.com/fitness-exercise/tc/quick-tips-getting-active-at-home-get-started>

World Health Organization – What is Moderate-Intensity and Vigorous-Intensity Physical Activity?

http://www.who.int/dietphysicalactivity/physical_activity_intensity/en/



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Self-directed Walking Routes

Short and longer routes have been designed to provide employees with opportunities to walk during their breaks and also during their lunch hour.

Examples of Outdoor routes

Route 1 - Sunset



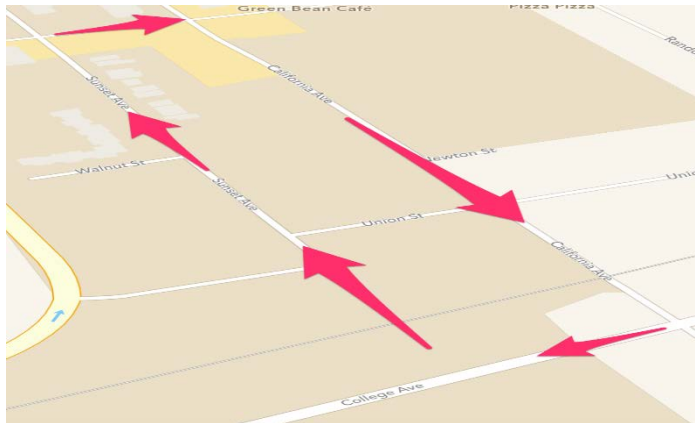
Walking from Sunset Avenue to Huron Church road using Wyandotte Street and then walking towards and across University Avenue in order to get back to your starting position on Sunset Avenue. The total distance walked is approximately 1.7km or 2230 steps. Depending on pace, it can take 12-21 minutes to complete.

Route 2 – Main Campus



Replacing Sunset Avenue in the previous route with California Avenue gives a total distance of 1.9km or 2493 steps. Depending on pace, it can take 13-24 minutes to complete.

Route 3 - Lancer



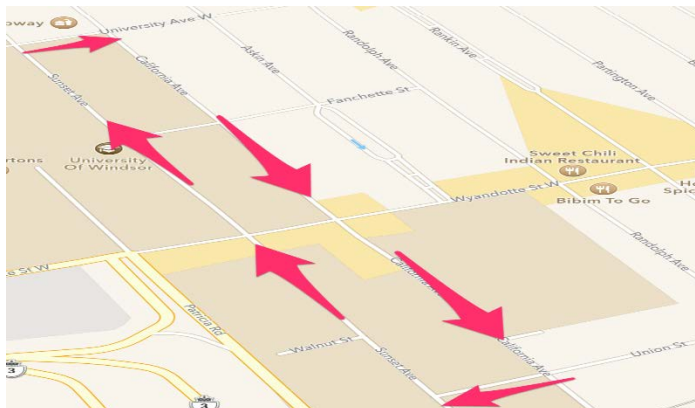
Walking in a square shaped route from Sunset Avenue to California Avenue using Wyandotte Street. Walking towards College Avenue using California Avenue. Then walking down towards the starting position on Sunset Avenue from College Avenue. The total distance is 1.26km or 1653 steps. Depending on pace, it can take 9-16 minutes to complete.

Route 4 - Alumni



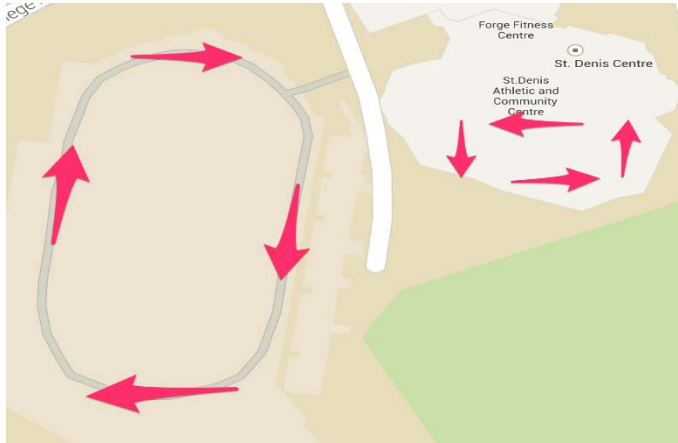
Replacing College Avenue in the previous route with Union Street gives a total distance of 926m or 1215 steps. Depending on pace, it can take 6-12 minutes to complete.

Route 5 - University



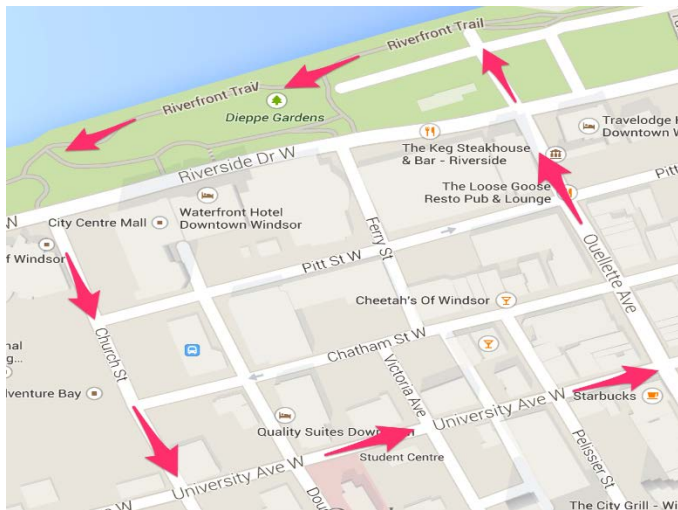
Walking from Sunset Avenue to California Avenue using University Avenue and then walking down California Avenue towards Union Street and then using Sunset Avenue to get back to the starting point is a total distance of 2km or 2625 steps. Depending on pace, this can take 14-25 minutes to complete.

Route 6 – St. Denis Track & Alumni Field Track



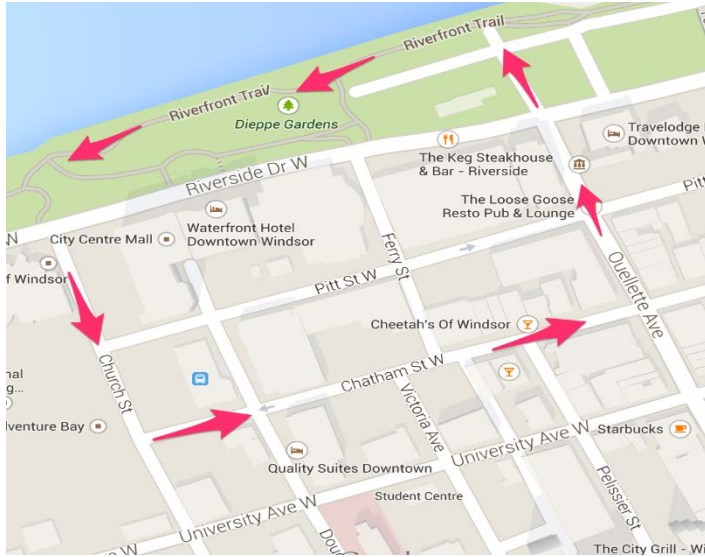
Walking a path along the outdoor track at the St. Denis Athletic and Community Centre is a total distance of 400m or 525 steps, and depending on pace, it can take between 3-5min to complete. The length of the indoor track is 200m or 263 steps, and can take 1-3min to complete depending on pace.

Route 7 – Downtown Campus



Walking from Church Street to Ouellette Avenue using University Avenue and the walking towards and across the Riverfront trail to get to the starting position on Church Street is a total distance of 1.32km or 1732 steps. Depending on pace, it can take 9-17 minutes to complete.

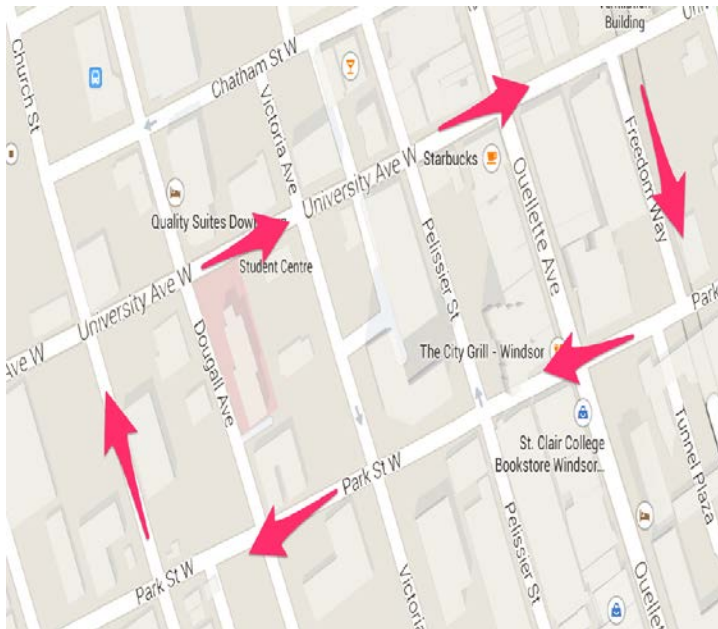
Route 8 – Windsor Star



Replacing University Avenue in the above route with Chatham Street gives a total distance of 1.15km or 1509 steps.

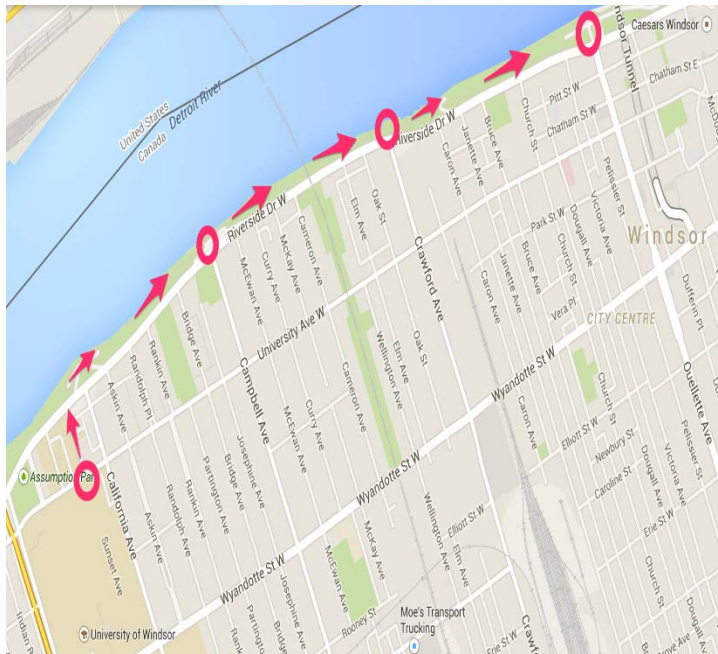
Depending on pace, it can take 8-14 minutes to complete.

Route 9 – Armouries



Walking in a square shaped route from Freedom Way to Church Street using Park Street and the walking back to the starting position using University Avenue is a total distance of 1.17km or 1535 steps. Depending on pace, it can take 8-15 minutes to complete.

Route 10 – Riverfront Trail



Walking along the Riverfront trail towards Campbell Avenue starting from Sunset Avenue is a total distance of 1.03km or 1352 steps, depending on pace, it can take 7-13 minutes to complete. Extending the distance towards Crawford Avenue is a total distance of 1.88km or 2467 steps, depending on pace, it can take 13-24 minutes to complete. Furthering the distance to Ouellette Avenue is a total distance of 2.83km or 3714 steps, depending on pace, it can take 20-35 minutes to complete.

Examples of Indoors Routes

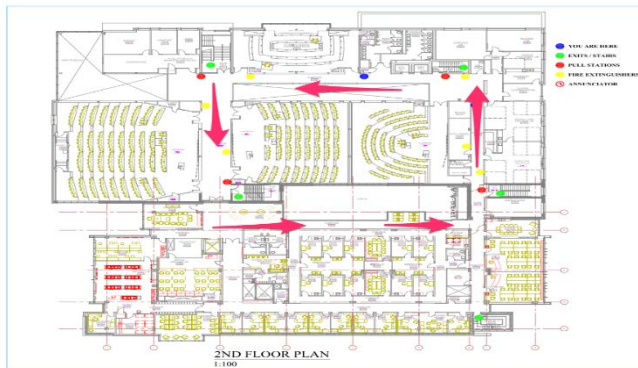
Route 11 - Engineering



Walking along a path on the 1st floor of the Centre for Engineering Innovation starting from the entrance located on Wyandotte Street & California Avenue towards the exit facing Randolph Avenue then walking back and around rooms 1101 & 1102 and then returning to your starting point is a total distance of 317m or 416 steps. Depending on pace, it can take 3-5 minutes to

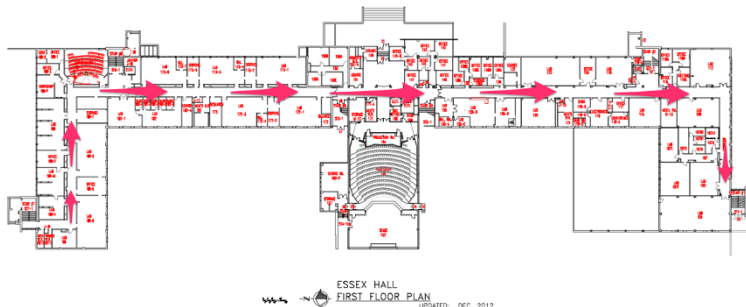
complete.

Route 12 - Toldo



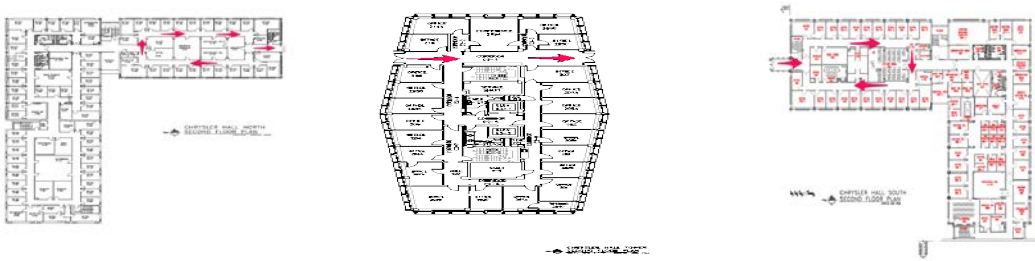
Walking on a path combining the second floor of Toldo and the Medical Education buildings is a total distance of 179m or 235 steps. Depending on pace, it can take 2-4 minutes to complete.

Route 13 - Essex



Walking along a path on the first floor of Essex Hall is a total distance of 455m or 597 steps when walking to one end and returning to starting point. Depending on pace, it can take 3-6 minutes to complete.

Route 14 - Chrysler



Walking along a path on the 2nd floor of Chrysler Hall where the south hall, tower, and north hall connect is a total distance of 260m or 340 steps. The path uses room 2126 in Chrysler Hall North and room 260 in Chrysler Hall South as start/end points. Depending on pace, it can take 2.5-4 minutes to complete.