

WALKING AT DMACC - PRESENTED BY DMACC EMPLOYEE WELLNESS

Walking has many proven health benefits and is easy to start. Walking works all the major muscles of the legs, and just 30 minutes a few days a week is enough to help you lose weight and keep it off. A regular walking program can also help:

Reduce blood cholesterol

Lower blood pressure

Increase bone density

Reduce the risk of stroke and cancers



Weight Loss and Walking

Weight is determined mostly by the balance of calories—how many you burn versus how many you eat daily. To lose weight, you need to increase your activity, increase fruit and vegetable consumption, and eat fewer overall calories.

Getting Started ●●●●

All you need to start are comfortable clothes and shoes. Shoes specifically designed for walking are best. Every workout should begin with a brief warm-up, and then increase your speed. This will help to loosen up any tension you may be carrying and make your walk more enjoyable and effective.

Fit walking into your schedule whenever you can. Experts suggest exercising most days of the week for 30 minutes. Use your wellness breaks to walk at least twice a week. Take 15 minutes from your lunch break and walk with a buddy. If your schedule is tight, two 10-minute walks each day will yield benefits.



How You Burn Calories

Your weight x distance = energy used walking. Time does not matter as much as distance. If you speed up to walking a mile in 13 minutes or less, you will be burning more calories per mile. A simple rule of thumb is 100 calories per mile for a 160-pound person.

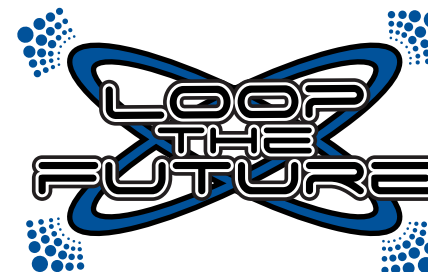
Walking Speed ●●●●

For most beginning walkers, it is best to increase the distance before working on speed. Beginning walkers can make their workouts less strenuous by limiting how fast and far they walk. Walk at a comfortable pace. Begin with a five-minute stroll and gradually increase your distance. Faster walking will place more stress on the bones of the lower body, increasing bone density. Longer, slower walks heighten insulin sensitivity, which is great for people with diabetes.

Questions regarding DMACC Employee Wellness? Please contact Andy Nelson at 515-964-6539.

This paved trail around Lake Future was made possible through the dedication and great effort of the Recreational Trail Committee and the many fine donors who believed in this trail. It took the whole community to build this trail, and we hope the whole community continues to enjoy this trail for many years to come.

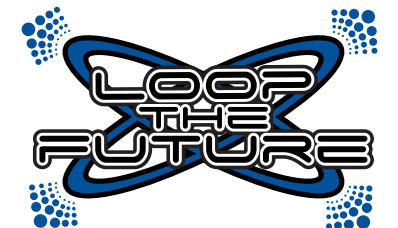
**Thank you.
Darwin Schmig, Chairman
Recreational Trail Committee**



Brochure provided by the Recreational Trail Committee and the Marketing Department

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BEGIN YOUR FUTURE HERE

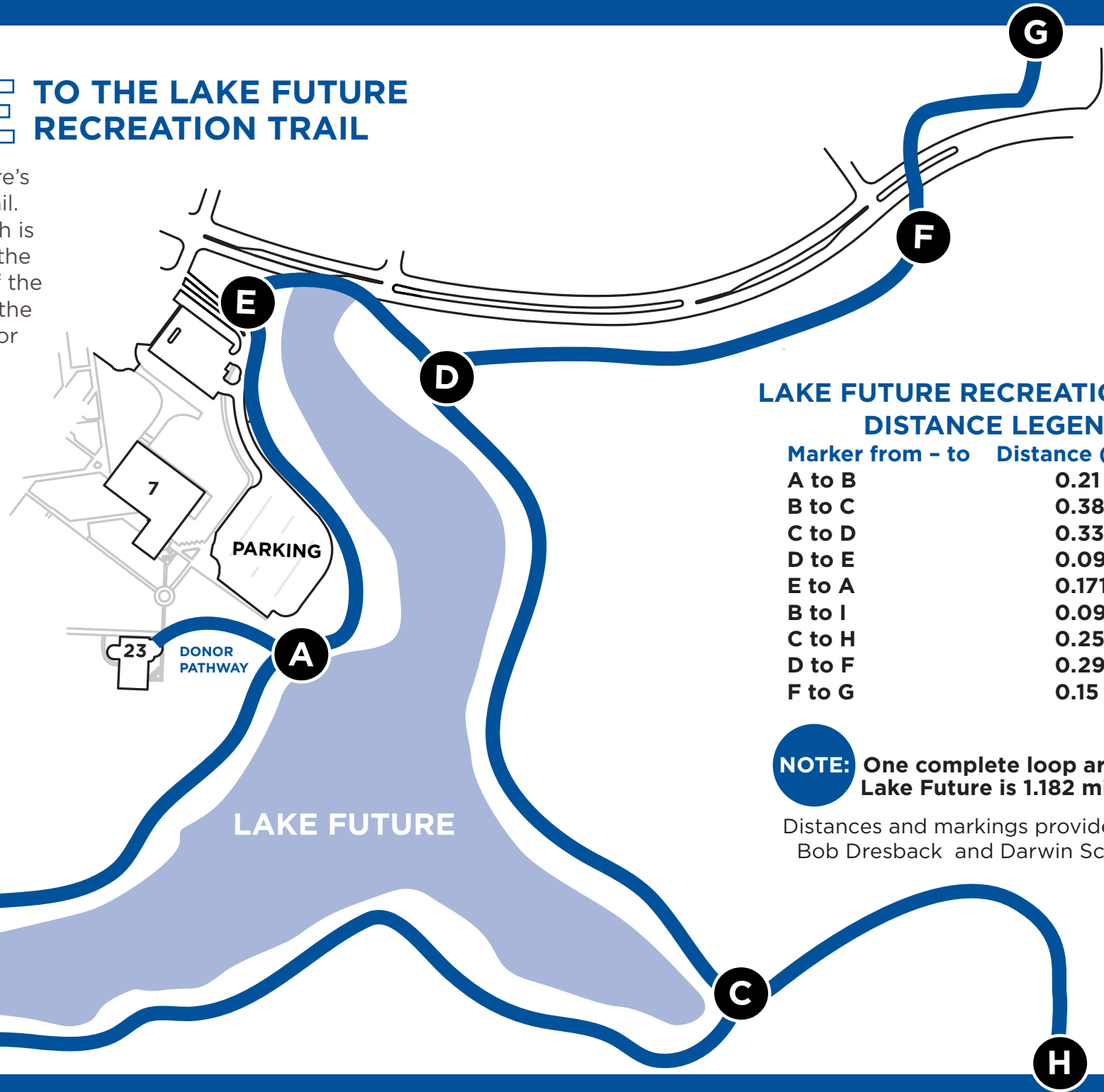


Start your new healthy lifestyle by opening this brochure. Then take a walk or jog around the newly paved recreation trail around Lake Future.

ENJOY YOUR FUTURE!

WELCOME TO THE LAKE FUTURE RECREATION TRAIL

You can begin your trek around Lake Future's newly paved trail at any point along the trail. We suggest you begin at the gazebo, which is point A on the map. Be sure to check out the donors of the trail who made the paving of the trail possible. The donors can be found in the bricks in the Donor Pathway. Take the Donor Pathway for access to all places on the Ankeny Campus.



LAKE FUTURE RECREATION TRAIL DISTANCE LEGEND

Marker from - to	Distance (in miles)
A to B	0.21
B to C	0.38
C to D	0.33
D to E	0.091
E to A	0.171
B to I	0.097
C to H	0.25
D to F	0.29
F to G	0.15

NOTE: One complete loop around Lake Future is 1.182 miles.

Distances and markings provided by:
Bob Dresback and Darwin Schmig