



# Wellness Buddy Wednesday Tip

## Get Moving!

Do you want to burn calories, reduce body fat, build muscle, and stoke your metabolism? Try alternating these fat-burning cardio interval muscle-building strength training workouts at least 4 days a week.

Invest just 30 minutes daily. Mix and match for variety and to reduce risk of injury. Remember to warm up and cool down.



### Outdoor-walking workout:

1. Walk at a moderate pace for 3 minutes. Use normal strides, arms swinging alongside your body.
2. Power-walk (take shorter, faster steps, drive best elbows back, and let hips move side to side) for 1 minute. Focus on landing on your heel and rolling through the ball of the foot and the toe.
3. Repeat steps 1 and 2 for a total of 30 minutes.

### Treadmill workout:

1. Walk at a moderate pace for 3 minutes.
2. Pick up the pace and increase incline by 2-3% for 1 minute. You should be exerting enough effort so that it's hard to keep up a conversation.
3. Repeat steps 1 and 2 for a total of 30 minutes.



### Elliptical workout:

1. Use light resistance with high ramp for 3 minutes.
2. Lower ramp and increase resistance; work at a challenging pace for 1 minute.
3. Repeat steps 1 and 2 for a total of 30 minutes.

### Bike workout (outdoor or indoor):

1. Pedal at a moderate intensity ( a 6 or 7 out of 10) for 3 minutes.
2. Up intensity (to an 8 or 9 out of 10) for 1 minute.
3. Repeat steps 1 and 2 for a total of 30 minutes.



**TIP 1:** Add a snack with cardio. On days you do a 30 minute cardio workout, schedule in a 100 calorie snack. Try ½ cup cottage cheese and ½ cup berries or an apple and piece of string cheese.



**TIP 2:** Avoid tiredness and soreness. Drink 8 ounces of water and eat an easy-to-digest, carb-rich snack like a small banana about 20 minutes **before** you begin your exercise routine.

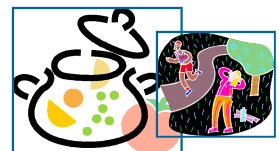


*Have a healthy and safe day!*

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