



BE
Happy!

News

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A District 6360 "Community Service" project of Rotary International

Walking is the most popular and probably the easiest exercise routine to undertake. During summer months, it may be on a trail, in the winter months it will be at the shopping mall.



What ever your program, walking puts special emphasis on your feet, and every one has a different pair.

Small feet, big feet, wide or narrow, it is important that you have proper fitting shoes.

Choosing your walking shoes is no easy task, simply because there is no one best shoe. For you, that one best shoe is the one that fits you best, the one that gives you proper support, flexibility, cushioning and compensates for any stride problems you may have.

Everyones feet are different, so take advise with a grain of salt. Find a shoe fitting expert to help you find a shoe that is best for your walking distance, speed, style, and don't forget the surface you are walking on. Your "expert" will also give consideration to your weight and your stride.

Questions about "Happy" points?

It is pretty easy to determine how many Happy points you earn: just 10 minutes of any continuous activity.

However, like most programs, there are a few rules that we follow, and the question comes up when we try to calculate points for different kinds of activities.

Playing golf is a typical example. If you are a "walker", you are eligible for a point for each ten minutes you walk. However, if you play golf by riding in a cart, it takes 20 minutes of that kind of activity to earn the point.

The Happy website (www.happyandfit.org) has a link(Points list) that will give you point information for hundreds of different activities.

WEIGHT LOSS...



Weight loss is also directly related to your fitness program - but, it can't do it alone.

Watching what you eat is also essential for weight loss. An extra candy bar or bag of potato chips each day will eliminate any weight loss you may hope for from exercise alone. To lose weight, you must eat fewer calories than you burn.

Most people cannot estimate their calorie intake accurately unless they have a food diary/etc. Weight loss success is due to eating fewer total calories than you burn off each day

Happy keeps you aware of your program - common sense should prevail

ACTIVITY RESULTS IN A HAPPY & HEALTHY LIFESTYLE

