**Northern Arizona Health Care**

**WWE Coaching Emails**

**Note:** The WWE recommended program schedule can be attached to each email as a reminder of what participants should be reading and doing. It is on page 9 of the WWE participant workbook.

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| **Week** | **Message** |
| 1 | Hello Everyone and Welcome to the Walk With Ease program!First order of business-I have everyone on blind copy. I would love to share all the participants of this program as a group so you can reach out to other participants for tips/strategies, find a walking buddy, etc. Please let me know if you are agreeable for me to share your e-mail with the group.Second, I have attached a copy of the Recommended Program Schedule from chapter 1 of the workbook to give you an idea of the time structure for this program.  1. Please begin by reading chapter 1 by Wednesday (if you haven’t already).
2. Complete the starting point self test
3. Set up your walking plan
4. Try to walk at least 3 days this week

The payroll deduction for this program will not happen this coming paycheck (May 25th). It will be on the following paycheck (June 6th).I will be sending e-mails to this group on Mondays, Wednesdays and Fridays, but please feel free to contact me with questions at any time.I am working with our site’s Walk With Ease Leader Yolanda Mier who is also a certified exercise instructor to bring you periodic Q&A sessions via Zoom. More information will be forthcoming as I field questions from the group and determine the frequency needed for these sessions.At the end of the program, I will be sending a post-assessment form for you to fill out. After receipt of that completed form you will receive a voucher for 1,000 points which will really jump start the second half of your LifePath year.If you have any questions, or concerns, please feel free to contact me.Thanks for your participation! |
| 2 | I hope all of you are off to a good start reading chapters 1, 2 & 3. You will also need to set up your walking plan. Page 60 of the workbook is a contract with yourself on how much you will walk.  Here is my recommendation for all of you who have a Fitness tracker and do Virgin Pulse-translate your walking goal into steps each day and let your tracker do the work! Virgin Pulse also keeps a history of how many steps you’ve walked so if you forget to log a day, you can always look it up via the app or the online Virgin Pulse portal.Pages 58-59 give you a sample of a self-contract and walking log. Use it as a guideline.For all of you who responded to Monday’s e-mail that you would share your outlook identity, I have put you in the “To” section of this e-mail. Anyone else who would like to share with the group, please let me know and I will move you out of the blind copy. Hope you are all having a wonderful week-just remember once you start walking to Keep Walking!<https://youtu.be/731hMBvLAYc> |
| 3 | Hello Everyone,I hope you all had a fun and active weekend!  As you enter week 3 of the Walk With Ease program, you should have finished reading all 6 chapters of the workbook (see attached recommended schedule) and can now work on fully integrating the information into a sustainable activity program.  Keep in mind this suggested progression chart:

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| --- | --- | --- |
| **Week** | **Duration in Minutes** | **Times/Week** |
| 1 | 10 | 3-5 |
| 2 | 15  | 3-5 |
| 3 | 20 | 3-5 |
| 4 | 25 | 3-5 |
| 5 | 30 | 3-5 |
| 6 | 35-40 | 3-5 |

Remember to keep your walking diary each week and look back often to see how you are progressing.As always, please let me know if you have any questions or concerns.Have a great day and keep walking!<https://youtu.be/iPUmE-tne5U> |
| 4 | Hope you are all having a great week and making progress reading chapters 4, 5, and 6.I just wanted to share this article from Prevention about all the benefits of walking to give you a mid week motivational boost:<https://www.prevention.com/fitness/a20485587/benefits-from-walking-every-day/>Some of the benefits are pretty much as expected, and some were surprising.  It’s worth taking a look!See the source image |
| 5 | Hello everyone,As we near the half-way mark in the Walk With Ease program, I would like to get an idea of where everyone is at.  I’ve used the “voting buttons” option in outlook, so if any of you are unable to click at the top of this message and use the buttons (see screenshot below), please just reply yes or no.cid:image002.jpg@01D3FD8E.D8521E00How are you all doing so far?  On average, are you using the 5 step walking pattern from pages 100-104 of your workbook when you walk? (this is the question to answer with the voting buttons. Please be honest, this does not affect your participation in the program, it’s more of an accountability exercise).1. Warm up by walking at a slow pace (3-5 minutes). Remember you can walk in place for this duration to get warmed up.
2. Gently stretch (4-5 minutes).
3. Walk (5-30 minutes or more).
4. Cool down (allow heart rate to recover or return to a resting level) (3-5 minutes)
5. Gently stretch again (7-9 minutes)

Appendix B of the workbook starting on page 150 is an excellent reference with visuals for these 5 steps. It also includes precautions for certain conditions.Hope you are all enjoying the program so far and already experiencing the benefits of increased activity.  As always, please let me know if you have any questions or concerns.Until next time, remember to keep walking! |
| 6 | Happy Friday Everyone! As we go into the first holiday weekend of the summer, here are some Dos and Don’ts to remember when you exercise (walking, running, swimming, hiking, biking):

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| **Dos** | **Don’ts** |
| * Build a program that includes the three different kinds of exercise: flexibility, strengthening, and cardiovascular
* Walk when you have the least pain and stiffness
* Walk when your medicine (if you are taking any) is having its greatest effect.
* Always include a warm-up and cool-down (discussed in Chapter 5) whenever you walk.
* Start at your own ability level, move slowly and gently, and progress gradually
* Avoid becoming chilled or overheated when walking
* Use heat, cold, and other strategies to minimize pain (Discussed in Chapter 4)
* Use aids like walking sticks or canes, fi they help
* Expect that walking may cause some discomfort
 | * Do too much, too soon. Start slowly and gradually.
* Hold your breath when doing anything! Remember, keep breathing.
* Take extra medicine before walking to relieve or prevent joint or muscle pain unless prescribed by your health care practitioner.
* Walk so fast or far that you have more pain 2 hours after you finish than before you started (2-Hour Pain Rule).
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Also, as we move into summer, remember to DRINK PLENTY OF WATER!  Summer is HOT, hydration is absolutely fundamental to staying healthy and safe while enjoying the beautiful summer sun. Don’t wait until your thirsty! Pre-hydrate before you head out into the heat, and keep drinking as you walk, run, or play in the sun! |