



from America On the Move Foundation

## Stepember is America On the Move Month

### Ways to Add 2,000 Steps to Your Day

It's not just what we eat that's important, but how we **use** the calories we consume. As long as you're active enough to balance the calories you eat with the calories you burn in physical activity, you can enjoy an occasional treat and still avoid weight gain.

By pledging to walk an extra mile (equivalent to 2,000 steps) and reduce 100 calories for one day you'll see how easy it is to achieve the energy balance that can stop weight gain. Small changes in your daily activity will quickly add up to 2,000 extra steps or more! Find ways to add steps at home, at work, and at play with this list of ideas.

#### At Home

**Household chores, neighborhood walks, and errands are great opportunities for adding steps. Try these ideas for increasing your walking:**

- Circle around the block once when you go outside to get your mail
- Walk around the outside aisles of the grocery store before shopping
- Drive or walk to a nearby high school and go around the track: 4 laps equals approximately 2,000 steps
- Make several trips up and down the stairs to do laundry or other household chores
- Pass by the drive-thru window and walk into the bank or restaurant
- Stroll the halls while waiting for your doctor's appointment
- Listen to music or books on tape while walking
- Invite friends or family members to join you for a walk
- Accompany your children on their walk to school
- Take your dog for a walk
- Start a walking club in your community
- Walk to a nearby store, post office, or dry cleaners to accomplish errands
- Benefit a good cause by joining a charity walk
- Walk to your place of worship for services
- Cut the grass
- Pace around your house while talking on the phone
- Buy a walking video so you can get in your steps on rainy days
- Experience the splendor of a sunrise on an early morning walk
- Spur your imagination by observing your neighbor's landscaping and gardens while you walk—incorporate ideas from your favorites in your own yard
- Walk to a friend's house for a visit
- Try "retro walking"; walking backwards

distributes your weight more evenly (be sure you're in a safe area and are aware of your surroundings)

- Keep a walking journal, in addition to tracking steps, jot down how you feel after returning from a walk—enhanced energy is a great motivator
- Focus on walking distance over speed, it's better to get in more steps at a comfortable pace than to burn out quickly
- Walk on a treadmill on rainy days or when it's too dark to walk outside
- March in place while watching TV
- Reverse your walking routine—start in the direction where you usually end
- Boost the results of your walk by using trekking poles
- Catch up on the day's events with your spouse and children on an after-dinner walk
- Sleep more soundly at night by taking a walk a few hours before you go to bed.

#### At Work

**Adding steps to your workday can help you reduce stress and stay alert. Try these ideas:**

- Go for a walk before starting your morning commute—you'll energize yourself for the day
- Exit the bus 1 or 2 stops early and walk the remainder of the way
- Walk to work if you live close enough
- Refill your coffee cup at the machine farthest from your workstation
- Visit the restroom on the far side of the building
- Hold a meeting while you go for a walk
- Avoid elevators and escalators: take the stairs instead
- Park in the far reaches of the parking lot
- Escape the stress of a difficult day by excusing yourself for a few minutes of walking

- Walk to a nearby store to buy a treat for your co-workers
- Designate 10 minutes of your lunch break for a quick walk
- Start an office walking club
- Ask co-workers to join you on a before or after work walk
- Walk to co-workers desks to speak to them instead of sending an email
- Create a step competition with fellow employees—see who can get the most steps in a day
- Encourage your co-workers to join you on walks during breaks or after work
- Climb the stairs or stroll the sidewalks for a few minutes at the end of your shift
- Shake off the effects of your evening commute by walking before dinner.

#### At Play

**Whether your leisure time is specifically for physical activity or not, there are plenty of ways to add more steps. Try these ideas:**

- Walk around the campus of a nearby university or college
- Window shop while you pace through a shopping mall
- Take the long route when browsing at a shopping center—don't visit the stores sequentially
- Join a water walking class—the natural resistance of the water strengthens muscles
- Tour a museum, zoo, or nature preserve
- Circle around a swap meet or craft show before selecting your purchases
- Take up photography—walk through a scenic location on a hunt for photo opportunities
- Sign up for a community 5K or 10K walking/running event
- Hike on a wilderness trail

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- Vary your pace when walking—start out slowly then increase your speed; include short bursts of speed walking, then cool down with a slower pace at the end of your walk
- Strap a length of masking tape around your child's waist (sticky side out) so he/she can gather pretty leaves during the spring, summer, and fall
- Drive to a new walking trail and explore the different scenery
- Contact your local visitor's bureau or historical society and sign up for a walking tour
- Volunteer to walk dogs for an animal shelter
- Organize a community clean-up day and designate areas of the neighborhood for teams to walk through and remove debris as they go
- Meet a friend for lunch at a restaurant you can walk to
- Plan a picnic with friends, family, and children and go for a walk after your meal
- Seek out bargains by walking through your neighborhood looking for garage/yard sales
- Explore nature by keeping a field guide handy when walking
- Skim the newspaper for upcoming events you can walk to such as a garden tour, high school play, or a concert in the park
- Walk around the restaurant or parking lot while waiting to be seated
- Drive to a neighboring community and tour its main street on foot
- Reward yourself for step accomplishments—for example, every time you reach your step goal for the day, put a dollar in a jar and save for a special reward
- Take a step aerobics class
- Spend a day at the beach and walk the shoreline
- Watch for birds while walking, especially during the fall migration
- Get lost in a corn maze (many are set up during autumn)
- Entice your kids to join you by turning a walk into a scavenger hunt
- Stroll around the field while watching your child's sporting event
- Play a round of golf but pass on the cart
- Instead of talking on the phone with a friend, meet for a walk and talk
- Walk with your kids to the local park. ■

Each September registration will be matched with a \$1 dollar donation to the AOM (America On the Move) Kids Fund from AOM Sponsors. You'll also get an online September welcome kit filled with fun offers from AOM sponsors! Use AOM's event finder to find an event near you and come join the fun!

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## September is Prostate Cancer Awareness Month



According to the National Prostate Coalition, some studies show that the consumption of tomatoes lowers risk by as much as 26%

### Prostate Cancer Prevention

**You can't prevent prostate cancer just by taking vitamins or supplements, but growing evidence says changing your diet and behavior could lower your risk.**

#### Best Foods

A diet high in soy as well as fruits and vegetables may help prevent prostate cancer.

- **Soy can reduce PSA levels.** Soy is a phytoestrogen, which is a plant substance that affects the body similarly to the estrogen found in humans. Scientists believe that phytoestrogen can balance out testosterone levels in men, reducing prostate specific antigen (PSA) in the blood. Studies show that men with prostate cancer experienced a dramatic drop in their PSA level when consuming two grams of soy per day. Keep in mind that soy contains estrogen, and too much of anything can be dangerous, so check with your doctor before dramatically increasing your consumption of any one food.
- **Men who eat plenty of cruciferous vegetables (broccoli and cabbage) may be reducing their risk of prostate cancer.** Three or more servings a day can reduce risk by as much as 41%.
- **5 servings or more of fruit per day can cut the risk of prostate cancer in half.** Fruit helps, in part, by containing fructose which stimulates the body's ability to create Vitamin D, a nutrient believed to reduce prostate cancer risk.
- **Tomatoes, which contain an antioxidant called lycopene, may have a big impact on prostate cancer.** Some studies have shown that a regular intake of lycopene supplements lowers risk by about 15% while other studies show that consumption of tomatoes lowers risk by as much as 26%.
- **While giving you bad breath, consumption of 10 grams of allium vegetables, garlic, onions and chives may also reduce your risk of getting prostate cancer.** The foods contain flavinoids that have demonstrated reduction in tumor growth in lab studies.

- **Mushrooms are rich with selenium, a believed cancer fighter** in lowering PSA levels and inhibiting tumor growth. While there is a massive study in progress of measuring the impact of selenium and Vitamin E on prostate cancer risk and progression, a large study in the U.K. showed men who regularly took selenium reduced prostate cancer risk by four times.
- **Consuming about 50 milligrams (75 IU) of Vitamin E can reduce risk of prostate cancer by one-third** and the death rate by 41%. Vitamin E, found in foods including pecans and sesame seeds, may also stimulate the immune system and sex hormones which contributes to minimizing the growth and spread of cancer.
- **Make your tea time.** Green tea, in particular, is rich in polyphenols, believed to slow the growth of cancer. Studies are showing that tea reduces the levels of polyamines—a substance associated with cancer malignancy.

#### Bad Foods

- The "Western Diet" or a diet high in fats and red meat may contribute to higher rates of prostate cancer.
- **Avoid the steak and hamburgers.** Eating red meat 5x per week doubles your risk for prostate cancer, according to studies.
- **Limit sweets and desserts.** Foods high in calories and sugar can lower metabolism and create problems with obesity which is proving to be a key factor in prostate cancer severity and possibly risk.
- **An excess of calcium, found in dairy products, may increase the risk of prostate cancer** as the calcium reduces the body's levels of Vitamin D which protects the body from prostate cancer. ■

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