

Active Like a Girl

Beginner Exercise Guide



This all age event is open to all Islanders to promote active lifestyles and to celebrate International Day of the Girl.

WI Active Like A Girl Fun Walk Run Event

1km • 2.5km • 5km

October 10, 2015

Cavendish Grove, PEI National Park

Run, walk or sign up to volunteer.
For further information: 902-368-4860
www.peiwi.ca or wi@gov.pe.ca.

Race Start: 10 a.m.
Registration Online: www.runningroom.ca
Registration Onsite: 8 a.m. - 9:30 a.m. or
WI Office, 40 Enman Crescent, Charlottetown
Entry Fee: \$25, Youth 14 & Under: \$10

PEIWI is pleased to partner with:



In honor of the first annual “WI Active Like a Girl Fun Walk Run Event”, this kit will give you all the help you need to prepare. The event takes place October 10, 2015 at Cavendish Grove, PEI National Park. It is open to all Islanders to promote active lifestyles and to celebrate International Day of the Girl.

Tips for New Walkers/ Runners

1. **Lace up** - The most important investment runners should make is in a good pair of running shoes. Running shoes are best purchased at specialty running stores, where employees can recommend models based on your ability and foot.
2. **Get a Group**: Motivation, inspiration, accountability, and commitment increase dramatically when you're a part of a running group or at least have a running buddy. Everyone experiences times when they don't want to run, but if you know you have buddies counting on you, it can make all the difference in the world when it comes to rolling over and getting out of bed
3. **Get a Plan**: Just getting out the door and running often does not work for many people, especially if you've been sedentary or away from exercise for any period of time. Find a beginning running plan to follow. (See below)
4. **Make it a habit**- If you struggle with making running a regular habit, try doing it every single day at the same time. Habits are easiest to form if you do them consistently.
5. **Watch the weather** - Always run when well hydrated and avoid running outside during the hottest time of day or when temperatures are below freezing. The treadmill is an option when the weather isn't cooperative.
6. **Stay hydrated** – This is important in cold weather and warm. We use water to sweat, lubricate joints, tendons, and ligaments, and to carry blood efficiently to major organs. It is very important to drink lots of water before you're actually feeling thirsty.

7. **Fuel up** - Good nutrition goes a long way toward your success as a runner. Choose complex carbohydrates over simple carbs. Examples of complex carbs: whole grains, vegetables, fruit, low fat dairy. Examples of simple carbs: sugary snacks, pastries, sodas, and candy.
8. **Warm up** – It is very important to prepare your body for exercising by stretching. Stretching helps prevent injuries in the future. Cooling down after exercising is also just as important.
9. **Make it fun** – Most importantly make exercising fun and something you look forward to everyday.

There are lots of benefits to exercising and being active. Just some of the many examples are listed below.

- Exercise can help prevent excess weight gain or help maintain weight loss
- It helps prevent or manage a wide range of health problems, including stroke, heart disease, type 2 diabetes, depression, certain types of cancer, and arthritis.
- Exercise improves mood. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed.
- Exercise boosts energy. Regular physical activity can improve your muscle strength and boost your endurance.
- Exercise promotes better sleep. It helps you fall asleep faster and deepen your sleep.

Here are 2 training programs for beginners to follow to learn to walk and run. This were developed by Go! PEI.



You will notice on day three, the program looks a little different and here is what it means.

Easy 2 mins then brisk 1 min. Five times = 15 minutes

Walk easy for two minutes and then increase your pace a bit for one minute.

You do this five times in a row and once complete it will equal fifteen minutes of walking.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Easy 20 minutes	off	Easy 2 mins then brisk 1 min. Five times = 15 minutes	Easy 12 minutes	Easy 15 minutes	off	Easy 20 minutes
2	Easy 20 minutes	off	Easy 2 mins then brisk 1 min. Five times = 15 minutes.	Easy 12 minutes	Easy 16 minutes	off	Easy 20 minutes
3	Easy 20 minutes	off	Easy 1 mins then brisk 1 min. Eight times = 16 minutes.	Easy 12 minutes	Easy 17 minutes	off	Easy 22 minutes
4	Easy 20 minutes	off	Easy 1 mins then brisk 1 min. Eight times = 16 minutes.	Easy 12 minutes	Easy 18 minutes	off	Easy 22 minutes
5	Easy 20 minutes	off	Easy 2 mins then brisk 2 mins. Four times = 16 minutes.	Easy 12 minutes	Easy 19 minutes	off	Easy 24 minutes
6	Easy 20 minutes	off	Easy 2 mins then brisk 2 mins. Four times = 16 minutes.	Easy 12 minutes	Easy 20 minutes	off	Easy 24 minutes
7	Easy 20 minutes	off	Easy 1 min then brisk 2 mins. Six times = 18 minutes.	Easy 12 minutes	Easy 21 minutes	off	Easy 26 minutes
8	Easy 20 minutes	off	Easy 1 min then brisk 2 min. Six times = 18 minutes.	Easy 12 minutes	Easy 22 minutes	off	Easy 26 minutes
9	Easy 20 minutes	off	Easy 2 mins then brisk 3 mins. Four times = 20 minutes.	Easy 12 minutes	Easy 23 minutes	off	Easy 28 minutes
10	Easy 20 minutes	off	Easy 2 mins then brisk 3 mins. Four times = 20 minutes.	Easy 12 minutes	Easy 24 minutes	off	Easy 28 minutes
11	Easy 20 minutes	off	Easy 2 mins then brisk 4 mins. Four times = 24 minutes.	Easy 12 minutes	Easy 25 minutes	off	Easy 29 minutes
12	Easy 20 minutes	off	Easy 2 mins then brisk 4 mins. Four times = 24 minutes.	Easy 12 minutes	Easy 25 minutes	off	Easy 30 minutes



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Learn to Run!

5 K PROGRAM

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Walk 3 min brisk Walk 1 min easy X6 = 24 mins	Off	Walk 3 min brisk Walk 1 min easy X6 = 24 mins	Easy walk 30 mins	Walk 3 min brisk Walk 1 min easy X6 = 24 mins	Off	Easy walk 30-45 mins
Week 2	Walk 2.5 min brisk Walk 1 min easy X8 = 28 mins	Off	Walk 2.5 min brisk Walk 1 min easy X8 = 28 mins	Easy walk 30-45 mins	Walk 2.5 min brisk Walk 1 min easy X8 = 28 mins	Off	Easy walk 45 mins
Week 3	Walk 3 mins Run 30 secs X7 = 24.5 mins	Off	Walk 3 mins Run 30 secs X7 = 24.5 mins	Easy walk 45 mins	Walk 3 mins Run 30 secs X7 = 24.5 mins	Off	Easy walk 40-60 mins
Week 4	Walk 3 mins Run 1 min X7 = 28 mins	Off	Walk 3 mins Run 1 min X7 = 28 mins	Easy walk 30 mins	Walk 3 mins Run 1 min X7 = 28 mins	Off	Easy walk 60 mins
Week 5	Walk 2 mins Run 1.5 mins X8 = 28 mins	Off	Walk 2 mins Run 1.5 mins X8 = 28 mins	Easy walk 30-45 mins	Walk 2 mins Run 1.5 mins X8 = 28 mins	Off	Easy walk 60 mins
Week 6	Walk 2 mins Run 2 mins X7 = 28 mins	Off	Walk 2 mins Run 2 mins X7 = 28 mins	Easy walk 45 mins	Walk 2 mins Run 2 mins X7 = 28 mins	Off	Easy walk 60-90 mins
Week 7	Walk 1 min Run 2 mins X10 = 30 mins	Off	Walk 1 min Run 2 mins X10 = 30 mins	Easy walk 45 mins	Walk 1 min Run 2 mins X10 = 30 mins	Off	Easy walk 60-90 mins
Week 8	Walk 1 min Run 3 mins X8 = 32 mins	Off	Walk 1 min Run 3 mins X8 = 32 mins	Easy walk 45 mins	Walk 1 min Run 3 mins X8 = 32 mins	Off	Easy walk 90 mins
Week 9	Walk 1 min Run 4 mins X7 = 35 mins	Off	Walk 1 min Run 4 mins X7 = 35 mins	Easy walk 45 mins	Walk 1 min Run 4 mins X7 = 35 mins	Off	Easy walk 90 mins
Week 10	Walk 1 min Run 5 mins X7 = 42 mins	Off	Walk 1 min Run 5 mins X7 = 42 mins	Easy walk 45 mins	Walk 1 min Run 5 mins X7 = 42 mins	Off	Running Event



Active Like a Girl Quiz

True or False

1. In order to become a runner or a better runner, one should run every day.
2. You don't need special shoes to run, especially if you are just starting out.
3. Running decreases your risk for developing certain types of cancer.
4. Warming up before exercising is only necessary if you plan on exercising longer than 30 minutes.
5. Regular exercise can help improve your sleeping patterns.
6. Drinking water is only important if you are exercising in hot temperatures.
7. Regular exercise can help improve your moods and self-image.
8. Eating candies and pastries are more beneficial before exercising compared to fruits and vegetables.
9. Regular exercise helps reduce your risk of heart disease.
10. Are you ready to have fun?!

Active Like a Girl Quiz Answers

1. False
2. False
3. True
4. False
5. True
6. False
7. True
8. False
9. True
10. Yes!

Sources

<http://www.active.com/running/articles/10-tips-for-beginning-runners>

<http://www.runnersworld.com/social-studies/11-tips-for-new-runners>

<http://www.gopei.ca/>