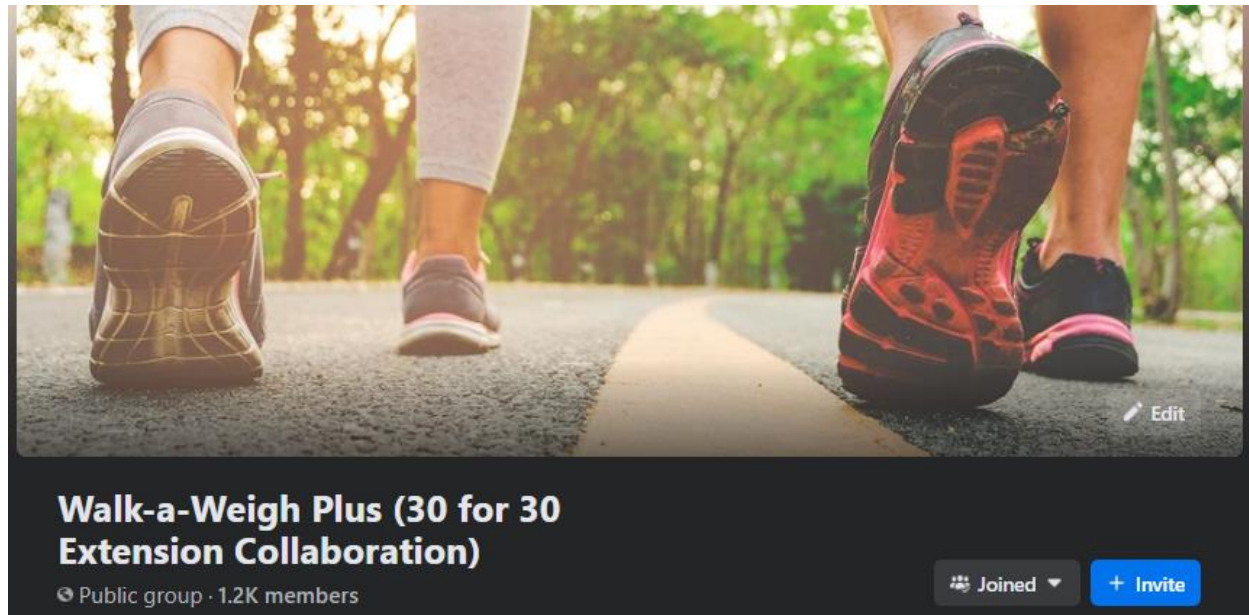


30 for 30 Walk-a-Weigh An Extension Collaboration



Brad Averill
University of Georgia

What are some barriers to participating in regular physical activity?

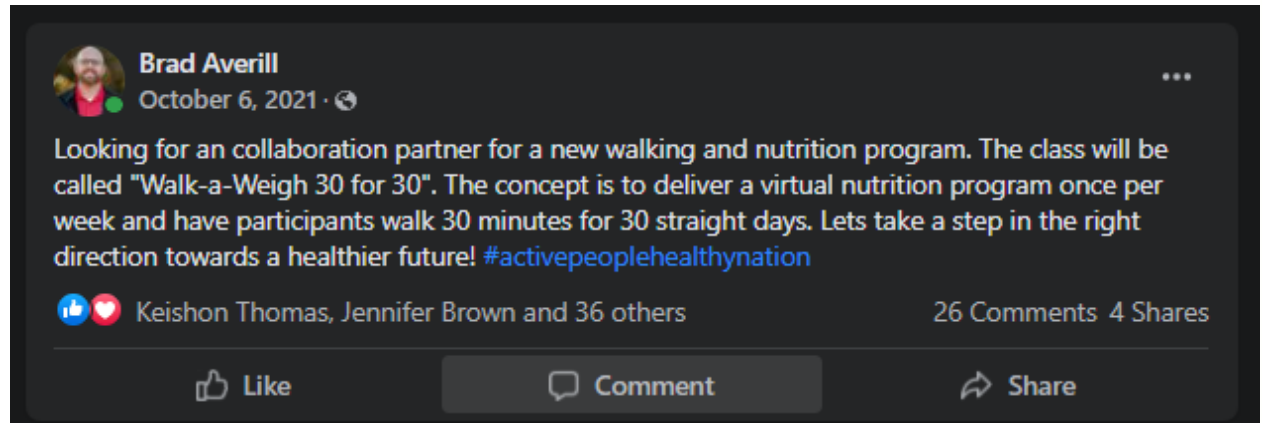




25.2% of
adults
engage in
no-leisure
time
physical
activity. ¹

zoom

Canva







November 1st–November 30th

Cooperative Extension

30 for 30: Walk-a-Weigh



tinyurl.com/30for30WAW



Join us in walking 30 minutes per day for 30 straight days along with getting information about nutrition and several other topics to improve your health this New Year!

Daily social media posts created by Cooperative Extension professionals from across the country.

Weekly Facebook Live Walk-a-Weigh classes from your local Extension professionals.

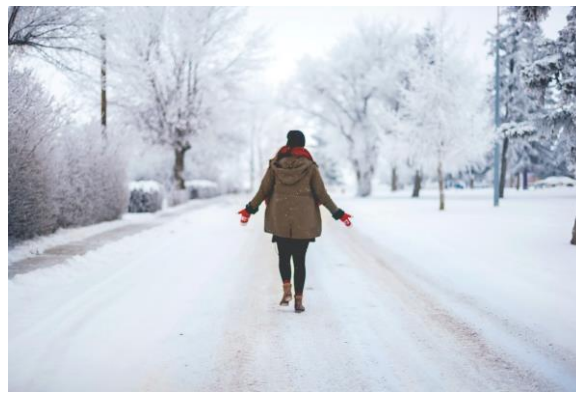
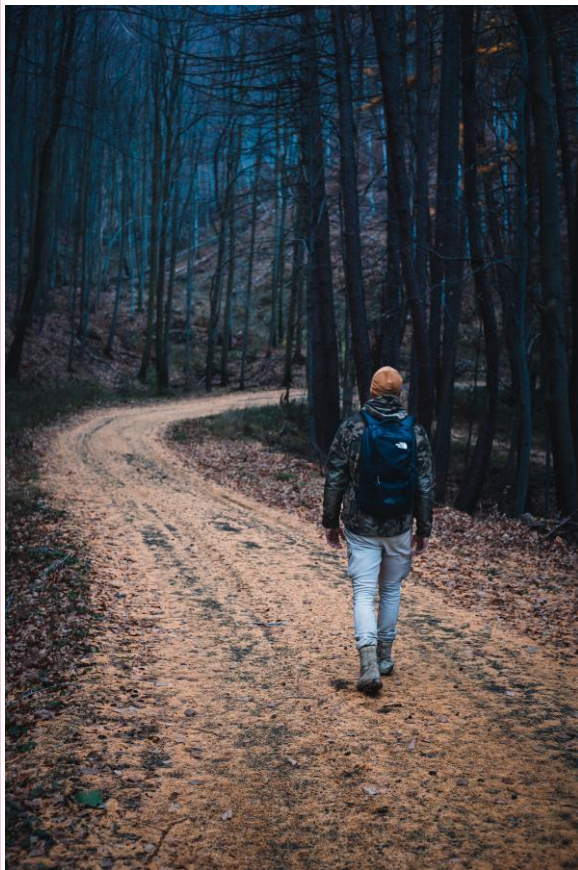
Weekly prizes through participation in our Facebook group challenges!



Extension

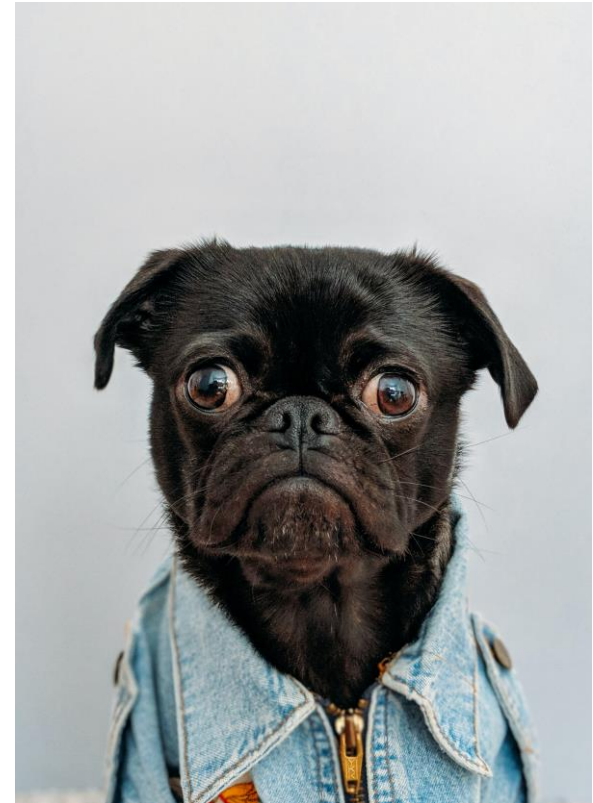


An Equal Opportunity, Affirmative Action, Veteran, Disability Institution



Adults should do at least **150 to 300** minutes a week of **moderate-intensity**, or **75 to 150** minutes a week of **vigorous-intensity** aerobic physical activity, or an equivalent combination of moderate and vigorous-intensity aerobic activity.²

Light intensity?
Moderate intensity?
Vigorous intensity?



LIGHT INTENSITY

WALKING SLOWLY
SITTING USING COMPUTER
STANDING LIGHT WORK
FISHING SITTING
PLAYING MOST INSTRUMENTS
STRETCHING
GOLFING WITH CART
TABLE TENNIS
BOATING
DANCING SLOWLY

MODERATE INTENSITY

BRISK WALKING (3-4.5 MPH)
WALKING UPHILL
HIKING
AQUA AEROBICS
YOGA
WEIGHT TRAINING
MODERATE DANCING
BICYCLING (5-9 MPH)
COMPETITIVE TENNIS
CANOEING





VIGOROUS INTENSITY

JOGGING/RUNNING
MOUNTAIN CLIMBING
STEP AEROBICS
BICYCLING MORE THAN 10 MPH
SWIMMING LAPS
MOST AEROBIC MACHINES
VIGOROUS DANCING
CIRCUIT WEIGHT TRAINING
COMPETITIVE BASKETBALL
BOXING-SPARRING





MODERATE INTENSITY

BRISK WALKING (3-4.5 MPH)
WALKING UPHILL
HIKING
AQUA AEROBICS
YOGA
WEIGHT TRAINING
MODERATE DANCING
BICYCLING (5-9 MPH)
COMPETITIVE TENNIS
CANOEING



Your Shopping Trip Can Be Exercise Too!



Simple Ways to Exercise While You Shop:

- **Add Steps:** Park as far from the door as possible to increase your step count.
- **Bicep Curls/Shoulder Press:** Bagged produce, canned goods, milk cartons, etc. make great free weights! Be sure to use a safe weight for your strength level.
- **Lunges:** Your shopping cart can help with balance as you lunge down the grocery aisles.
- **Calf Raises/Squats:** Take the opportunity in moments that you're standing still (waiting for other shoppers, deciding between products, etc.) to add in these lower-body exercises.

For more information on these and other shopping exercise tips check out the video at this link: <https://fb.watch/9oejD0dBHA/>



Building a Positive Mindset

Avoid Negative Self Talk



You CAN do THIS! Believe in yourself. Start with the simple mantra of "I CAN DO THIS!" As we begin this challenge, start somewhere. Walking 30 minutes can be done in 10 minute blocks.

Find a Friend



Who is telling you that you are AMAZING? It is easier to see the AWESOME in what you are doing when you allow yourself to be helped by a friend. Invite a friend to walk with you. Exercise is always easier with a friend.

Build a Vision Board



Have you heard that "seeing is believing"? Grab a piece of cardstock and build a collage. Use pictures or write out your self-care and healthy habits goals.

Practice Gratitude



Take time each day to reflect on something positive. Imagine sending negative thoughts away from you and pulling the good thoughts closer.



Getting Started: Walking & Stretching

- **Stretch** before or after any exercise to reduce the intensity of sore muscles and chance of injury.
- Wear **socks** and **comfortable shoes** that fit - with room for your toes to wiggle.
- No time or too intense? **You can break exercise up throughout the day!** Start by walking 5 minutes, 6 times a day. Then 10 minutes, 3 times a day next week. Build up gradually, at a pace that is comfortable for you.



EXERCISES TO IMPROVE YOUR POSTURE:

Yoga - When you're stronger and more flexible, your posture improves. Most standing and sitting poses develop core strength, since you need your core muscles to support and maintain each pose. With a stronger core, you're more likely to sit and stand tall.

Core Exercise - The muscles on the front of your torso, also called your core muscles, can affect your ability to maintain good posture. A strong core helps you stand straighter and keeps your trunk stabilized during your workout — or even as you go about your daily activities.

Tai Chi - The slow, fluid movement of this exercise improves the body's alignment, posture, strength, flexibility, coordination, balance, and stamina.







Walk-a-Weigh Plus (30 for 30 Extension Collaboration)

Surine Greenway · 3h · 🌐

Are you looking to get into Dehydration? Check out this free class on Zoom tomorrow!
Registration Link: [Bit.ly/dehydrationbasics](https://bit.ly/dehydrationbasics)

FREE CLASS VIA ZOOM

Dehydration Basics

Learn how fun and easy it is to dehydrate garden goodies to eat or use in cooking all year long!

**THURSDAY, FEBRUARY 17TH
CLASS STARTS AT 12PM MTN**



University of Idaho
Extension

Register Here
[Bit.ly/DehydrationBasics](https://bit.ly/DehydrationBasics)

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, genetic information, or status as any protected classes or individuals. Persons with disabilities who require accommodations for this event should contact the Extension office at least two weeks prior to the event at 208.885.4000 or extension@uidaho.edu.



University of Idaho - Owyhee County Extension

January 18 at 1:15 PM · 🌐

To register bit.ly/dehydrationbasics

Held on Zoom, Thursday, February 17th at Noon



Jennifer Brown

December 1, 2021 · 🌐

Balancing Life: Fun Fitness Ideas for Wintry Weather Days

Fewer hours of daylight and cooler weather can really limit our options... and motivation, for staying active outdoors. Yet, we know that movement is important to our overall health and well-being, and even our resiliency. Join Virginia Cooperative Extension as they discuss ways to keep moving as we spend more time indoors.

This Friday, December 3, 10-10:30am ET

Register for Zoom Webinar: https://virginiatech.zoom.us/j/.../WN_GmWMj78QSve0kK4jxVb7_w



Winter Health Tips



You, Gena O'neal and 2 others



Love



Comment



Share



Award

[←](#)
[→](#)
[↺](#)
[🏠](#)
[📁](#)
[🔍](#)
[https://www.facebook.com/groups/1232668387239493](#)

[🏠](#)
[📁](#)
[👤](#)
[📁](#)
[📁](#)

[👤 Brad](#)
[👤](#)
[💬](#)
[📧](#)

Manage group

Walk-a-Weigh Plus (30 for 30 Extension Collaboration)

Public group

- Home
- Overview
- Admin tools
 - Admin Assist
0 actions, 0 criteria
 - Badge requests
0 new today
 - Pending posts
0 new today
 - Scheduled Posts
 - Activity log
 - Group rules
 - Member-reported content
0 new today
 - Moderation alerts
0 new today
 - Group quality
 - Grow group
 - Settings
 - Insights
 - Growth
 - Engagement
 - Admins & moderators

Walk-a-Weigh Plus (30 for 30 Extension Collaboration)

Public group · 1.2K members

Joined

+ Invite

[About](#)
[Discussion](#)
[Featured](#)
[Rooms](#)
[Topics](#)
[Events](#)
[Media](#)
[Questions](#)
[People](#)

🔍

⋮

📺 Live video

📷 Photo/video

🏠 Room

Featured

1

Add

Brad Averill shared a link.

December 15, 2021 · 🌐

Please take 2 minutes to fill out our post program survey! You did not need to complete the 30 days to fill this out. Thi...

View post

Amy Robertson

December 15, 2021 · 🌐

Many of us focus on c accomplishments of o them how much they

🎉 Celebrate

Changes to public groups

Learn about key updates to your group

Membership

People can join right away, but you control who can post.

Visitors

By default, people who haven't joined can post.

New tools

There are now more ways to keep your group safe.

📺 Watch video

About

Join us in walking 30 minutes per day for 30 straight days!

Daily social media posts created by Cooperative Extension professionals from across... [See more](#)

Public

Anyone can see who's in the group and what they post.

Visible

Anyone can find this group.

General

Popular topics in this group

🔍

#30for30

⋮

UNIVERSITY OF
GEORGIA
 EXTENSION

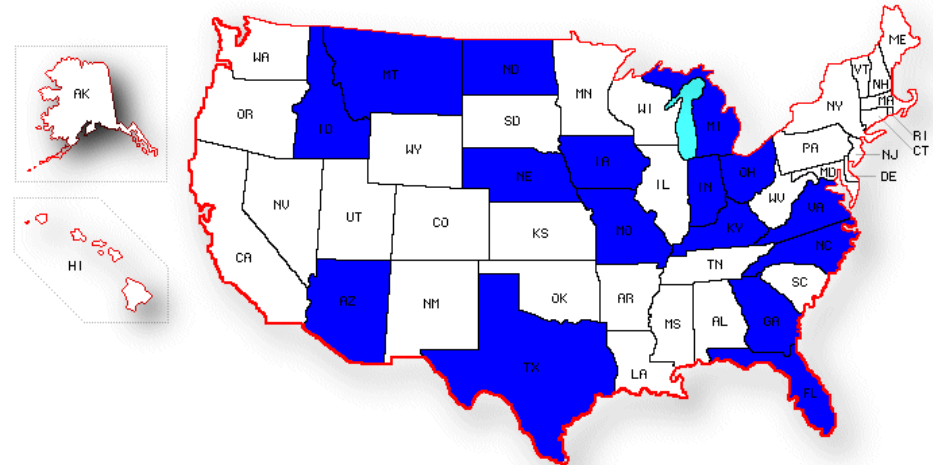
Impact:

2,500 participants

44 different states

15 different countries

Walk-a-Weigh 30 for 30 Map



27
28
29

0 hours	30 min	0 sec
1	31	1
2	32	2
3	33	3

Cancel Start

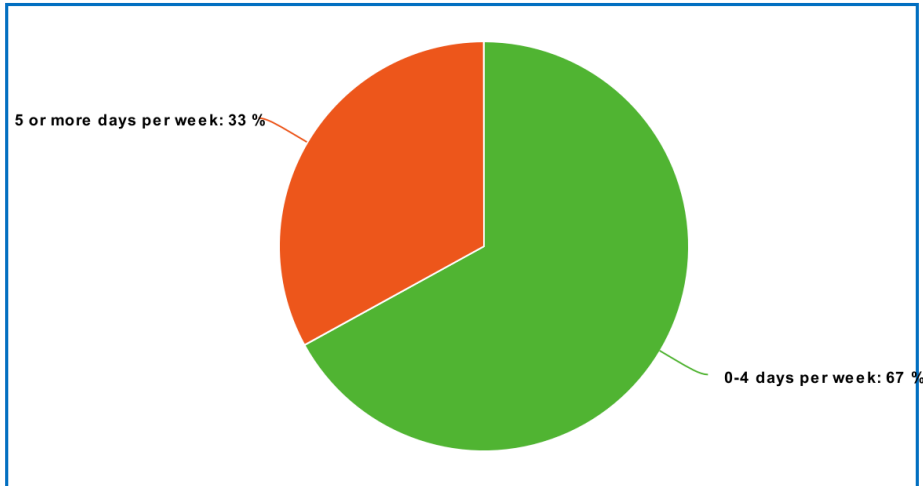
When Timer Ends Slow Rise >

World Clock
Alarm
Stopwatch
Timer

Impact:

Pre/Post Surveys

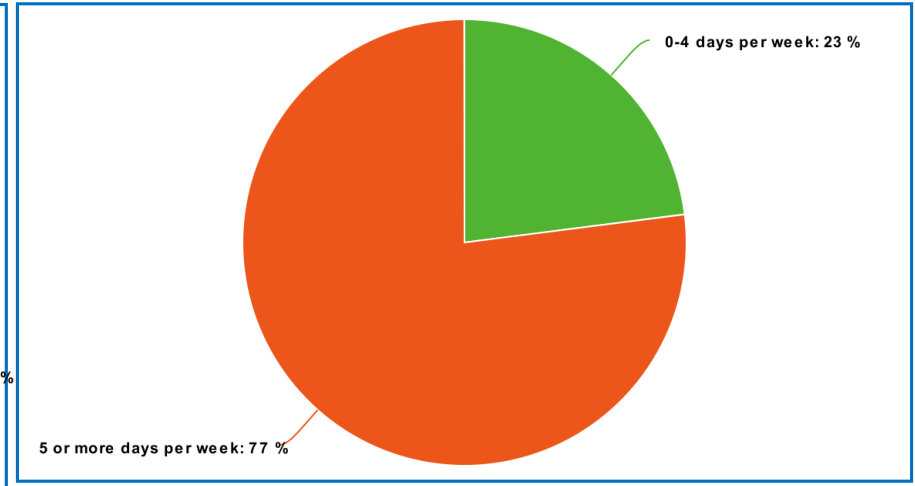
Pre-Survey- Days participants walked for 30 minutes per week



■ 0-4 days per week ■ 5 or more days per week

meta-chart.com

Post-Survey- Days participants walked for 30 minutes per week



■ 0-4 days per week ■ 5 or more days per week

meta-chart.com

Impact:

Program continuation after initial 30 days

February 15, 2022

To whom it may concern,

This letter is in reference to the UGA Extension Walk-a-Weigh Plus (30 for 30 Extension Collaboration) group.

I joined this group after a friend and Ware County Extension agent Carrie Vanderver sent it to add to my weekly newsletter. I have always tried to be consistent in movement. I like to hike and work out at the gym but always stagger those activities a few times a week. Walking every day really interested me because I struggle with non-daily routines and making sure to schedule time for them. Having this 30 minutes to 1 hours each day to myself to walk has improved my mental health by allowing me time to catch up with friends, listen to podcasts that interest me, and just clear my mind from the days activities. This has even helped me prepare for colder weather and I have researched how to walk in and stay warm.

I thought that I would do my 30 days and then move on but I have enjoyed it so much that I am currently on day 92 of dedicated walking. Posting pictures and sharing experiences about walking on the Facebook group really makes me feel part of something! I would recommend this program to anyone interested in having a community to encourage you and who is ready to make a lifestyle change.

Renee Martin
Okfenokee RESA
Wraparound Coordinator







Thank you!

Bradley Averill
Athens-Clarke County
Bradley.averill@uga.edu

