

Exercise Log

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CAUTION
 The American College of Sports Medicine recommends that if you are undertaking an exercise program that you see your physician for a complete medical exam, particularly if you have a family history of high blood pressure or heart disease, are a male over 40 or a female over 45, or if you smoke, have high cholesterol, are obese, or have not exercised regularly in the past year. If, at any time while exercising, you feel faint, dizzy, short of breathe, or pain, stop immediately.

Truman Wellness Program Campus Fitness Routes *"On the path to a healthier lifestyle"*



Brought to you by Staff Council
<http://staffcouncil.truman.edu>

Are You Starting a New Exercise Program?

The following are some ideas to help you stick with your exercise program:

- **Set Realistic Goals.** Write down your short and long-term goals. Don't try to be too ambitious at the start of your program but try to make the goals challenging. Remember, goals can be modified.
- **Add variety.** Varying activities will help you maintain interest.
- **Record your progress.** Start writing down each time you exercise in a fitness log. Record time spent on exercise and list your achievements.
- **Start slow and easy.** Don't start out exercising 7 days a week. Start with 10-15 minute sessions, 3 times a week, at a moderate intensity and build up slowly by adding time and pace to your workouts.
- **Find support.** Exercise with a partner - this will help you stick with your program and stay motivated.

Stretching

Stretching is an important part of warming up before physical activity and cooling down after. Stretching helps to prepare the body mentally and physically. Regular stretching routines will also help to improve flexibility and prevent injury.

- Five to ten minutes is all that it takes.**
 Remember these simple guidelines:
- Warm up before you start to stretch. For example, jog or walk briskly for 5-10 minutes.
 - Stretches should be gradual and gentle.
 - Hold each stretch for 10-20 seconds.
 - Do NOT bounce.
 - Stretch only to the point of resistance-stretching shouldn't hurt.
 - Don't rush your stretching routine.

Points of Interest

Ophelia Parrish
 The University Art Gallery is located on the ground floor of Ophelia Parrish. The gallery is open during the academic year with a variety of different exhibits. Call 785-5386 for more information.

Pershing Arena
 Truman has 21-different University athletic teams. All sporting events are open to the public. There is a nominal admission charge for some events. For ticket information, call the Athletics Office at 785-4235.

Track
 The Kenneth L. Gardner Track features a 400-meter, eight lane all-weather track. The facility provides a safe and attractive setting for recreation, walking, running and jogging.

Pickler Memorial Library
 Located in the heart of campus. Pickler Memorial Library houses a collection of more than 350,000 volumes, 8,000 audio-visual items, one million pieces of microfilm and 1,800 current periodical subscriptions. The library is a depository for both United States and Missouri documents. Call 785-4038 for hours.

Check Out These Great Websites

Nutrition Information:
www.mypyramid.gov
 Check out the new Food Guide Pyramid - analyze your diet using their free Dietary Assessment tool. Keep track of your exercise.

Exercise Information:
www.acefitness.org
 American Council on Exercise is a nonprofit organization - Links to fitness tips, library and healthy recipes.

Map Key and Distances

Route	Miles
Outer perimeter	1
Patterson	0.26
Franklin	0.24
Normal	0.26
Davis	0.24
Inner Quad	0.36
VH to Baltimore	0.44
VH to Stokes Stadium	0.21
McClain to VH	0.23
McClain to BT	0.45
BT to Pershing	0.21
Pershing to McClain	0.34
McClain to City Square	0.34
Around City Square	0.25
Franklin to First St.	0.16
McClain to Post Office	0.30
Inner Quad to Post Office	0.24

Restrooms and Water Fountains

- McClain Hall:** First Floor, North end of building
- Student Union Building:** First Floor, Main Hallway
- Pickler Memorial Library:** First Floor
- Pershing Building:** First Floor, Men's next to Football Offices, Women's next to Athletic Office
- Violette Hall:** First Floor, Northwest corner

