Kettering Health Network would like all employees, students, and volunteers to “step into” a healthier lifestyle by participating in a walking program.

**How to Participate**

Improve your health by walking around our beautiful hospital campuses or one of our local parks. Walking is one of the most popular physical activities in the U.S. Benefits of a walking program include:

- Reduced blood cholesterol
- Lower blood pressure
- Increase cardiovascular endurance
- Boost bone strength
- Burn calories and keep weight down
- Reduce stress
- Increase energy

Every step counts. Keep track of the number of steps or miles you have walked by using a pedometer. Make your goal to walk 10,000 steps or five miles a day. A reasonable goal for most people is to increase average daily steps each week by 500 per day until you can easily average 10,000 steps per day.

**Campus Walking Maps**

Click on the links below to download the map of the walking route for each Kettering Health Network hospital campus.

- [Fort Hamilton Hospital campus walking map](#)
- [Grandview Medical Center campus walking map](#)
- [Greene Memorial Hospital campus walking map](#)
- [Kettering Medical Center campus walking map](#)
- [Prestige Place campus walking map](#)
- [Soin Medical Center campus walking map](#)
- [Southview Medical Center campus walking map](#)
- [Sycamore Medical Center/Administration](#)

The City of Kettering has 29 walking paths/trails that have been identified throughout the City. Click on the link below to access any one of the City of Kettering walking maps.

- [City of Kettering Walking Maps](#)
Walking Tips
• Consult your physician before starting any exercise program.
• If you start feeling ill, stop immediately and get help if needed.
• Start slowly and build intensity/duration as your fitness levels increases.
• You can accumulate ten minute bursts of walking spread throughout the day.
  - Your goal is to work towards 30 minutes of daily activity. Keep in mind, something is truly better than nothing.
• Monitor your exercise intensity by using the “Talk Test”.
  - The “Talk Test” is simple, pick a phrase that takes approximately 20-30 seconds to say, such as the Pledge of Allegiance.
  - As a rule of thumb, if you are doing moderate-intensity activity, you can talk without struggling, but not sing.
• When walking outdoors, make sure you are constantly aware of your surroundings.
• Choose proper footwear for your activity and foot type.
• Whenever possible, exercise using the buddy system.
  - It is safer and makes each of you accountable and more likely to stick with your exercise program.
• Maintain proper technique.
  - Maintain a straight back, flexed knees, strike the ground with the heel of your foot, and roll through the toe.
  - Use an opposite arm-to-leg cadence (right arm swing/left leg step, left arm swing/right leg step).
• Adjusting for individual fitness levels, a progression of no more than one half mile per session is recommended.
• Keep the F.I.T.T. principle in mind:
  - Frequency – number of times you walk per day/per week
  - Intensity – how hard you work when you walk
  - Time – how many minutes you walk
  - Type – Walk, jog, run, or a combination of intensities
• If you have a bad performance day, do not let it alter your program.
  - Everyone has bad days, but stick to it to achieve your fitness goals.
• Set SMART goals:
  - Specific-Measurable-Attainable-Realistic-Timely

Hydration
It is important to replenish fluids before, during, and after exercise to avoid dehydration. Drink more fluids than you think you need before and after exercise. Try to drink six to eight ounces of fluid every 15-20 minutes during exercise.

What should you drink – water or sports drinks? Most exercisers can replace lost fluids adequately with water. For higher activity levels, sport drinks may be more effective. Sports drinks replace the body’s electrolytes (sodium and potassium). The extra carbohydrate in sports drinks can provide more performance benefits for endurance athletes.

Clothing
Wear proper exercise clothing for the environment (inside vs. outside; cold weather vs. warm weather). To provide a greater skin surface for heat dissipation, wear minimal clothing. Loose fitting, lightweight, light-colored, water absorbing clothing, such as cotton will be more comfortable and effective. When exercising outdoors, be sure to wear a strong sun block.

Temperature & Humidity
It is best to exercise early in the morning (before 10 a.m.) or later in the evening (after 5 p.m.). If the temperature is above 85° F, there can be a greater chance of injury; sometimes it is better for your body to postpone your exercise session until later. High humidity can also affect your cooling abilities.

It is possible to acclimate yourself to exercising in heat conditions. A person can become conditioned to heat in as few as 7-14 days. Gradually increase exercise duration and intensity while exercising in hot weather.
One of the easiest ways to monitor your exercise intensity is to use the Rating of Perceived Exertion (RPE) and “Talk Test” scale. When you walk, your exercise intensity should be within a range of comfort. By becoming familiar with the RPE scale, you can continually assess your exercise intensity and ensure a level of exertion that is comfortable.

How do I use Rating of Perceived Exertion / “Talk Test” scale?
Perceived exertion is assessed by use of a 1 to 10 chart to rate the feelings caused by exertion. For example, using the 1 to 10 scale, quietly sitting in a chair would have a rating of 1. Adding a gentle waving of your arms might increase the effort rating to 2. Walking at a pace that you feel is moderate would be given a rating of 4-5.

Using the RPE / “Talk Test” scale, the recommended range for beginners is from 4 to 6 with an effort to achieve level 7 to 8 for maximum benefit.

Inclement Weather Ideas
When a bout of bad weather rolls in and you can’t get your daily walk done, consider making the most of an alternate exercise plan. Try an exercise video. Even if they are outdated, they still get you up and moving. Or maybe some body weight exercises like push-ups and squats or a yoga routine. If you’re really itching to get out of the house, check with your local YMCA or community recreation center for use of their track. If all else fails, many utilize a local mall walk and get moving.

Kettering Health Network Employees Discounts offered
All Kettering Health Network employees are eligible for discounts at various fitness facilities in Dayton and surrounding areas. To view the complete list of fitness facilities offering discounts to network employees, visit the Kettering Health Network intranet home page, click Human Resource, then Employee Engagement, then KHN Employee Discounts and choose “Fitness” from the dropdown list. Then click Search.

If you live or work in Kettering, the indoor walking track at either the Kettering Recreation Complex or Kettering Fitness and Wellness Center is free of charge.

- **Kettering Recreation Complex**
  2900 Glengarry Dr.
  (937) 296-2587

- **Kettering Fitness and Wellness Center**
  3351 Shroyer Rd. Kettering
  (937) 293-4FIT (4348)

- Check with your local YMCA to see if they have a walking track.
- Check other parks and municipalities in your area for local walking paths / trails.