



Leader's Resource Guide

Welcome to the BRAINSPORT *in motion* Walk/Jog Club



Thank-you for your interest in organizing a Walk/Jog Club at your school.

In motion is a health promotion strategy, lead by the Saskatoon Health Region, with a focus on community wide involvement in physical activity. The goal is to have all citizens include regular physical activity into their daily lives for health benefits.

We know that physical inactivity is one of Canada's leading health concerns. The prevalence of childhood obesity is increasing - this is directly linked to a lack of physical activity. Both obesity and inactivity are modifiable risk factors of cardiovascular disease. Regular physical activity has a positive impact on behavior and healthy lifestyle of youth. It improves health by strengthening cardiovascular function, reducing Type II diabetes and managing a healthy body weight.

To assist youth to become more active, ***in motion*** has developed the walk/jog club resource. The goal of this club is to encourage inactive to moderately active students to incorporate physical activity into their everyday lives. This club is geared to individuals that want to improve their fitness levels but may not be involved in the schools physical education or athletic programs. Our hope is that every student will feel comfortable participating in the walk/jog club and that the experience will positively influence their knowledge, attitudes and lifestyle behaviors.

This resource package includes information to assist teachers or students with leading the Walk/Jog program. The leader does not need to have any special experience, just an interest in helping students or staff get more physical activity. A basic 5-week walk-jog training program is enclosed within this package and all participants are encouraged to participate at a level they are comfortable. Remember the idea is to have fun while being “in motion”. We encourage you to try to bring the group together 2-3 times per week. The club should be free to participants but they will be responsible for their attire, shoes, and water bottle. In addition to leading the group, we also encourage you to distribute some of the educational information from this resource or possibly include an educational in-service for your club.

Our hope is that the Walk/Jog Club at your school will encourage your students to improve their health through physical activity. Have fun starting your club and if you have any questions please call ***in motion*** at:

655-3648 (DOIT)

E-mail: inmotion@saskatoonhealthregion.ca

Why get physically active?

Benefits of Physical Activity for Youth

One of the easiest and least expensive ways to become physically active is to walk or jog. Walking is an activity that most can do, and has incredible health benefits. Here are some “hard” facts that will convince even the biggest disbeliever you know:

1. Regular physical activity enhances academic performance.
 - Increasing participation in physical activity can decrease a student’s study time their academic performance is maintained as their level of physical activity increases.¹
 - When more time is dedicated to physical education, academic performance does not suffer.^{1,2,3,4}
 - Physical activity has been shown to increase concentration levels in students.⁵
 - Physical activity has a positive affect upon children’s academic achievement, academic readiness, and perceptual skills.⁶
2. Regular physical activity improves children's mental health and contributes to their growth and development.
 - Physical activity is consistently related to improved self-esteem and body image.^{4,7,8}
 - Adolescents who engage regularly in physical activity demonstrate lower anxiety and depression.⁷
 - As depression levels in young people decrease their physical activity typically increase.⁹
3. The prevalence of obesity is increasing - this is directly linked to a lack of physical activity. Both obesity and inactivity are modifiable risk factors of cardiovascular disease.
 - 27% and 9% of young females in Canada are overweight and obese respectively.¹¹
 - The prevalence of overweight and obesity in Canadian young people appears to be on the rise.^{11, 12}
 - Obesity in childhood is related to obesity in adulthood.^{3, 12}
 - Overweight and obesity in childhood are linked to many health risks and even mortality in adulthood.¹³
 - There is evidence to suggest that obesity is related to physical inactivity.¹⁴
 - Participation in physical activity is positively linked to aerobic fitness, body composition, and muscular strength among school children.¹⁵

Why get physically active? (cont..)

4. Daily physical activity improves skeletal health, which in turn reduces their risk of developing osteoporosis in the future.

- It has been shown that osteoporosis originates early in life and bone mass development in childhood and adolescents influences the risk for bone fractures.¹⁶
- Daily physical activity in adolescence and young adulthood is positively related to bone mineral density in adulthood.^{17, 18}
- 9- to 13-year-old boys and girls with higher physical activity levels also have greater bone mineral content and bone mineral density compared to their less active counterparts.¹⁹
- Physical activity, particularly weight-bearing exercise, improves bone mass in pre-pubertal children (ages 5-10).²⁰
- Physical activity in childhood and adolescence plays a vital role in optimizing peak bone mass and might reduce the risk of osteoporosis later in life.¹⁸

5. It is important to educate, encourage and motivate youth to participate in regular physical activity because the habits they establish in childhood carry over to adulthood.²¹

6. Participation in regular physical activity has a positive impact on behaviour and healthy lifestyles in youth.

- Female high school students, who are physically active, are less likely to smoke, use marijuana, or engage in sexual risk behaviours when compared to inactive peers.²²
- Male high school students who participate in sports are less likely to use tobacco and illegal drugs or engage in sexual risk behaviours when compared to students who do not participate in sport activities.²³
- Adolescents who are more physical active are less likely to consume alcohol.²⁴

Getting Started

This Walking/Jog Club resource provides you with the basic information you will need to start a walking/jogging club at your school. This is a great way to promote physical activity in a simple, but fun and dynamic way.

Starting a walking club is simpler than you think. You do not have to wait until everyone has signed up, if you have 2 people, you have a walking club! You will find that the interest will build.

Communication

The first thing you will need to do is let everyone know about the club. Here are a few tips to help get the message out:

- Brainstorm all the ways that can be used to communicate the message
 - Announcements (see sample below)
 - Posters (see ready made poster included in this resource)
 - E-mails, bulletin boards, mail boxes.
- Word of mouth is probably your most effective communication tool. Seek out people that may be interested in walking or jogging with you.
- Put up a poster stating the day and time you are walking. Keep it simple.
- Post the walking route, you may want to offer a couple of different routes to accommodate a variety of time.
- Hype up the benefits of joining including the prizes you can offer.
- Always meet at a predetermined location and a regularly determined time, if possible.

Try to do what you feel will be the best method to recruit the target group of inactive students and staff, and those that would benefit most from being active with the walk/jog club. Good luck and remember... **Keep it fun.**

SAMPLE ANNOUNCEMENT:

STOP Cheating.... Your Body. Did you know that 67% of 12-19 year olds are NOT physically active enough for optimal growth and development. Don't cheat your body, so get your body moving by joining the Walk/Jog club. The club meets on (days, time and where) _____. This is a great opportunity for students who need to add some physical activity to their day and want to get active in a fun and non-competitive environment.

*** Create your own Walk/Jog club announcements or modify the many that can be found in the *in motion* High School Resource Manual.**

Walk/Jog Plan

Setting up Walking/Jogging Routes

You will need to set up walk/jog routes around your school. Here are some tips to consider when doing so:

- Routes can be set up based on time and/or distance.
- A simple out and back route can be used. If your plan is to do 30 minutes, participants turn back after about 15 minutes. This will ensure all levels of walkers and joggers can turn back at a time appropriate for them.
- Your route lengths should allow for between 20-40 minutes of activity.
- Try use your vehicle or a pedometer to measure the distance of the route.
- It is important to set up a safe route for your participants. Be aware of crossing busy streets and uneven ground..

Setting up your Walking/Jogging Groups

We know that not everyone will be at the same fitness levels or be able to walk or jog at the same pace. Consider offering different levels or partnering participants up, this way it does not matter what your fitness level is, there is a spot for everyone based on where they feel they should start.

Groups	Time
Walk/Jog	3 min. walk/1 min. jog
Jog/Walk	3 min. jog/1 min. walk
Jogging Group	10-11 min. mile pace

Once your groups are set, designate a person to lead the group. Encourage participants to move up or down into different groups. You are never “stuck” in one group! The idea is that you may start in the walk/jog group and within a few weeks you have progressed to the 3-minute walk/1 minute jog. A sample Learn to Run outline can be found on the next page.

Logging Your Progress

Logging your progress is important for a number of reasons. Over the 5 weeks you will be amazed with the progress made, and it can also help to motivate you to continue. Within this resource is a log sheet that students can fill in the time, distance and activity. You may want to record the weather for the day and your mood (i.e. lots of energy today!).

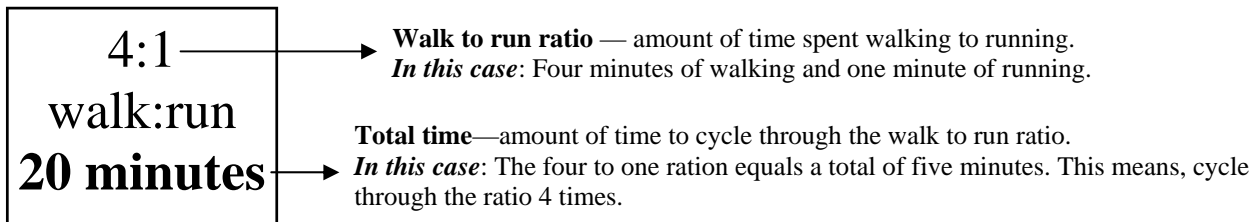
BRAINSPORT Learn to Run High School Program



This learn to run outline is set up to assist you if your group is interested in building up to jogging. In this example, the Brainsport Walk/Jog Club is going to meet once per week on Thursdays. With this program participants start with 20 minutes of total walking and jogging and work toward 30 minutes of total jogging by the end of 5 weeks. As the participants' fitness improves walking will decrease and running will increase. This example assumes that the participant will also be completing at least 2 other sessions on their own time.

For the purpose of your club, this example can be expanded to 2-3 days per week, say Monday, Wednesday and Fridays. This schedule is only a guide it can be adjusted to fit your schedule! **We encourage you to run your club 2 to 3 times per week over the 5 week period but how often you offer it is up to you and your group.**

Here is an example on how to use the chart:



Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	OFF	OFF	OFF	4:1 walk:run 20 minutes	OFF	OFF	OFF
2	OFF	OFF	OFF	3:2 walk:run 20 minutes	OFF	OFF	OFF
3	OFF	OFF	OFF	2:3 walk:run 25 minutes	OFF	OFF	OFF
4	OFF	OFF	OFF	1:4 walk:run 25 minutes	OFF	OFF	OFF
5	OFF	OFF	OFF	run 30 minute	OFF	OFF	OFF

BRAINSPORT Learn to Run Program



Here is an example of a more aggressive walk to jog training program. This 10 week program starts with 20 minutes of physical activity and peaks at a total of 40 minutes of physical activity. Reading the chart is the same as the example on the previous page.

Week #	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1				4:1 walk:run 20 minutes	OFF	OFF	5:0 walk:run 20 minutes
2	OFF	4:1 walk:run 20 minutes	OFF	3:2 walk:run 20 minutes	OFF	OFF	4:1 walk:run 20 minutes
3	OFF	3:2 walk:run 20 minutes	OFF	2:3 walk:run 20 minutes	OFF	OFF	3:2 walk:run 20 minutes
4	OFF	3:2 walk:run 25 minutes	OFF	2:3 walk:run 25 minutes	OFF	OFF	3:2 walk:run 25 minutes
5	OFF	2:3 walk:run 25 minutes	OFF	1:4 walk:run 25 minutes	OFF	OFF	2:3 walk:run 25 minutes
6	OFF	2:3 walk:run 30 minutes	OFF	1:4 walk:run 30 minutes	OFF	OFF	2:3 walk:run 30 minutes
7	OFF	1:4 walk:run 30 minutes	OFF	Run 15 minutes	OFF	OFF	1:4 walk:run 30 minutes
8	OFF	Run 20 minutes	OFF	1:4 walk:run 40 minutes	OFF	OFF	Run 20 minutes
9	OFF	Run 25 minutes	OFF	Run 25 minutes	OFF	OFF	Run 25 minutes
10	OFF	Run 30 minutes	OFF	Run 30 minutes	OFF	OFF	Run 30 minutes

Preparing to Walk/Jog

Clothing

The saying “you are what you wear” holds true when jogging. Clothing plays an important role in the comfort of your run. You don’t need expensive gear, but you do need clothing that is comfortable. Here are a few pointers to consider:

- Dress for comfort, not for fashion.
- When the weather is cold, dress in layers, then you can always remove a layer if you get to hot.
- Synthetic fibers work better than cotton, they whisk away moisture.

Shoes

Comfortable, well fitting shoes can be the key to an enjoyable walking/jogging program. Follow these simple guidelines to choosing the best shoe for you.

Proper Construction

- Soles should be strong and flexible with a good grip.
- Insoles should be cushioned to absorb forces.
- Comfortable and lightweight.

How the Shoe Fits

- Pick a running shoe over cross-trainer or basketball shoes.
- Wear shoes that give you a balanced level feeling (you shouldn't feel like you are tipping in or out).
- Must be comfortable right away, without a break-in or stretching period.
- Always buy for your biggest foot.
- Shop later in the afternoon, when your feet are at their largest.
- Toe box should be roomy so that you can wiggle your toes.
- The heel should fit snugly and the instep should not gape open.

Try on a variety of shoes, walk around the store to ensure they fit properly.

Exercise Guidelines

Exercise Guidelines

- When the weather is cold, dress in layers, then you can always remove a layer if you get too hot.
- Wear proper clothing and shoes.
- Don't exercise if you are not feeling well.
- When the weather is hot, wear a hat, sunglasses and sunscreen. Take a water bottle with you.
- Warm up and cool down.
- Allow your food to digest prior to a vigorous workout

Warm-up

Warming up prepares your muscles and joints for the activity. Start with the enclosed stretches and before you know it stretching will be a part of your walking routine (**feel free to photocopy and distribute**). After you stretch, walk slowly for approximately 3-5 minutes. After your warm-up you can begin walking at a brisk pace or start jogging.

Cool-down

Repeat what you did in your warm-up but in the reverse order (walk slowly for 3-5 minutes, then stretch). Your cool-down will help your body return to its normal state. Stretching after a work out may help relieve some muscle soreness by preventing blood from pooling in the legs.

The Walk/Jog

How fast you walk or jog depends on your fitness level. An easy way to measure whether you are walking too fast or not fast enough is by using the “**Rating of Perceived Exertion Scale**”. All you have to do is ask yourself how hard you feel you are exerting yourself during your walk/jog and rate it against the chart to the right. To improve your aerobic fitness, you should be walking or jogging at a level that you would rate between 3 and 7 on the RPE scale.

Another way is the “**Talk Test**”, the talk test method of measuring intensity is simple. A person who is active at a *light* intensity level should be able to sing while doing the activity. One who is active at a *moderate* intensity level should be able to carry on a conversation while engaging in the activity. If a person becomes winded or too out of breath to carry on a conversation, the activity can be considered *vigorous*. To improve your aerobic fitness, try exercising at least at a moderate level, however light intensity activity still can have many health benefits.

Rating of Perceived Exertion Scale

- 0 Nothing at all
- 0.5 Very, very light
- 1 Very light
- 2
- 3 Moderate
- 4 Somewhat hard
- 5 Hard
- 6
- 7 Very hard
- 8
- 9 Very, very hard
- 10 Maximal

How to stay motivated

We have all been there...starting a fitness routine with all the best intentions and then, we quit. Here are some suggestions to help keep you and your walking group stay motivated:

- Encourage the participants to fill in their progress charts. It helps to chart your progress, to see how you have progressed over the month. (**A chart is included in the resource**)
- Reward milestones. Present certificates/incentives and after they complete a certain number of walks, etc. Enclosed within this package is an *in motion* certificate that can be used. At the end of each week, add an *in motion* sticker over the week. Give *in motion* a call to receive free stickers. (**Certificates are included in the resource**)
- Hand out information sheets on the benefits of physical activity to remind participants why they got involved.
- Put a huge chart up in a common area where everyone can chart his or her progress. Most of the time we are each other's best motivators.
- Announce to the school the progress of the club and it's participants.
- Post maps of the walking circuit that you will take. You may want to consider varying the route to keep up interest.
- It might be fun to choose a special day to alternate the training and try something different and fun!! (see enclosed optional workouts)
- Seek advice from fellow club members for motivation tips.
- You could substitute other activities for your club depending on the interest and the season. Think about a cycling club, triathlon club or an inline skating club.
- You may want to set this up as a challenge or as a cooperative activity to achieve a 'team goal'. For example, track the number of kilometer walked/jogged to meet a goal like walking across Canada. A club with 20 members who walk three times a week for 30 minutes each time will cover 9000 kilometers in one year!
- It is important that the participants in the club attend the educational workshops. This will encourage them to stay motivated and give helpful tips and advice!
- Partner up the groups and have them each remind their partners to bring their running gear and help each other stay motivated.
- KEEP HAVING FUN

Optional Fun Workouts

It can be fun to hold special workout day's to increase motivation and provide some variety for the participants.

- Change warm-ups: playing tag, shuttle relays etc (decreasing the playing area increases the intensity)
- Circuits – Incorporating running and other exercises in your workout (i.e. have the participants run a designated distance and then do specific exercises and alternate back). This could be done with partners. One partner can do the run and the other the exercise, then alternate.
- Watermelon run – Purchase a watermelon. Each participant must take a turn carrying the watermelon during the walk/jog to the park. When the group arrives, enjoy eating the watermelon and add a game or activity to play in the park. At the end, walk/jog back!
- Yogurt Run – Inform the participants to bring some change to practice. Walk/Jog as a group to a Yogurt/Smoothie (or preferred destination) shop. Have the group order whatever they would like. When everyone is finished, walk/jog back. Be sure not to tell the group of the destination. (This may encourage the participants to learn about eating before walking/jogging)
- Scavenger Hunt – Have a map of the park or your route. Designate locations and have the participants' walk/jog to these locations to gather clues. You could have them do this in a group or partners. This can be a fun and different way to workout!
- Relay Races – 3-legged race, sac races, have each participant touch a specific bench, swing, mailbox, garbage etc. can on route before they return.

Source: Claude Berube, Cardiovascular Exercise that's Fun for your Runners and your Class, 2003 CAHPERD National Conference

Group Etiquette and Safety

When jogging in a group there are a number of things to consider, it should be a positive experience to the group leader, the participants and the bystanders.

- Respect the individual that is leading your group. Stay with the group and the pace that is set. This is not a race!!
- Warn others of obstacles ahead (i.e. in line skaters, dogs, bikes, other walkers).
- You are running as a group not individually, so you may need to loop back around and pick up slower runners.
- Always run facing the traffic.
- Respect others using the trail or route.
- It is important to take the first and last 10 minutes of the workout to warm up and cool down.
- It is often more beneficial to exercise longer rather than harder.
- Begin your program conservatively, as it will take time for your body to get used to a new level of activity.
- Don't be alarmed if you have some stiffness for the first couple of days. This will soon go away.
- If you cannot walk and talk without becoming breathless, then slow down.
- Listen to your body. If you feel pain, dizziness, nausea, or sick in any way, stop exercising. If the symptoms do not subside, consult your doctor.
- Do proper warm up and cool down exercises.
- Drink small amounts of water before, during and after your walk, particularly in warm weather when you are sweating heavily.
- Walk with a friend for pleasure and safety.
- If walking alone, tell someone your route and expected time of return.
- Walk during the day or on well lit streets.
- If you miss more than a week, resume your physical activity program at one-half to two-thirds of your normal level and build up gradually
- Have fun and enjoy the walk/jog, encourage those around you, and stay "in motion"!!

Education Topics

Education can be an important part of the Club. Included in this resource are a few pages that can be distributed to participants over the 5 week period.

The pages you can use as handouts are titled.

- Why get physically active? Benefits of Physical Activity for Youth
- Preparing to Walk/Jog
- Exercise Guidelines
- Group Etiquette
- Stretching Technique

As an option, consider bringing in a speaker to talk to your group. There are numerous potential topics that can be included as educational in-services. We have suggested three that could be run within the 5 week training session. The first topic will be set up with a pre-determined time by *in motion*. The other two sessions would need to be set up by you. Please call the contact directly to arrange your time.

1) How to set up your Walk/Jog Club:

This session is geared to the teacher or student leader who will be responsible for the Club. Brainsport, The Running Store will lead the session and will cover areas such as:

- How to set up your club
- Setting a route
- Setting up group
- Training group leaders
- General information on running and walking

This session will be a group session of all the high schools participating. Location and date to be determined.

2) Running/Walking Techniques:

This session will cover the areas of:

- Appropriate clothing and footwear
- Footwear
- Technique
- Pacing

Contact Brian and Brainsport, The Running Store at 244-0955

3) Healthy Eating and Hydration:

Now that you are active, it is time to consider your eating habits. Topics will cover

- Eating for an active lifestyle
- Pros and cons of sport drinks
- Importance of keeping hydrated

Contact Public Health Nutritionist at 655-4626

Stretching Techniques

The following stretches can be used prior to your Walk/Jog session. Continue to add to this list to build up your library of stretches:



1

SIDE NECK STRETCH

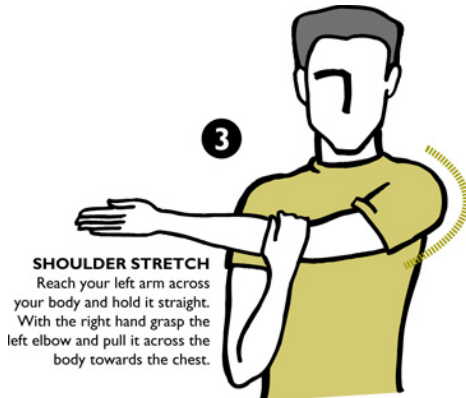
With shoulders relaxed, gently tilt your head towards your shoulder. Assist stretch with a gentle pull on the side of the head.



2

TRICEPS STRETCH

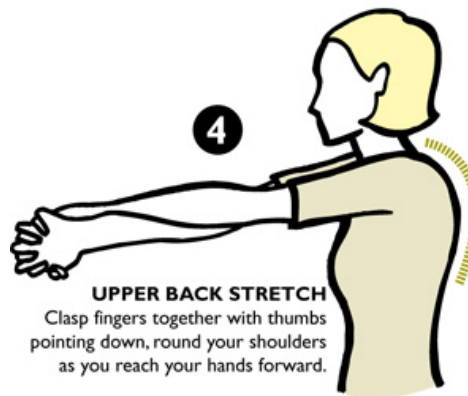
Reach hand behind head as if to scratch your back. Grasp your elbow and gently push downwards.



3

SHOULDER STRETCH

Reach your left arm across your body and hold it straight. With the right hand grasp the left elbow and pull it across the body towards the chest.



4

UPPER BACK STRETCH

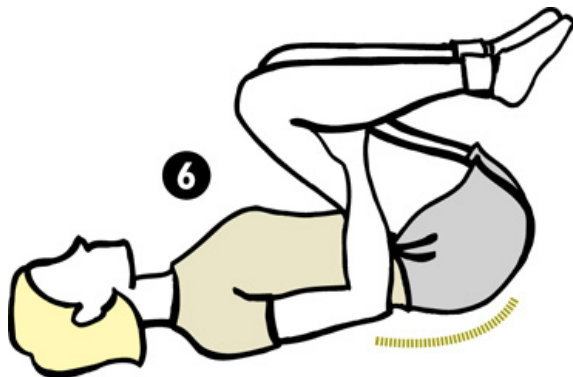
Clasp fingers together with thumbs pointing down, round your shoulders as you reach your hands forward.



5

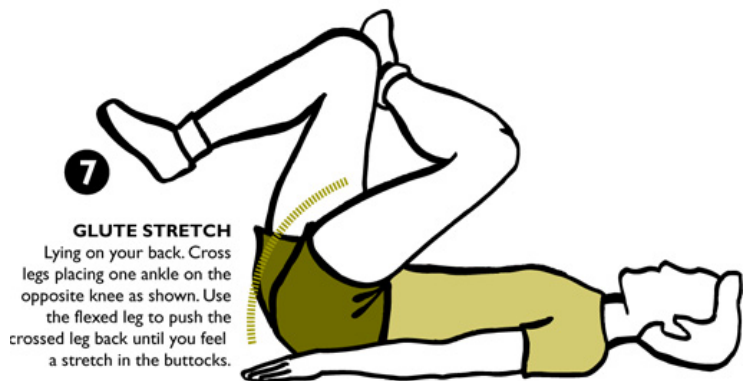
CHEST STRETCH

Place bent arm against a wall or doorway as shown. Slowly lean forward until a stretch is felt in the chest region.



6

LOW BACK STRETCH - Lie on your back with knees bent. Slowly pull knees up to the chest until you feel a gentle stretch in the lower back.



7

GLUTE STRETCH

Lying on your back. Cross legs placing one ankle on the opposite knee as shown. Use the flexed leg to push the crossed leg back until you feel a stretch in the buttocks.

Stretching pictures courtesy of City of Saskatoon, Smart Start Program

Stretching ..continued

8 BUTTERFLY STRETCH

Sit tall with the soles of your feet together. Allow your knees to ease down towards the floor until you feel a stretch along the groin region.



9

HAMSTRING STRETCH

Lying flat on the floor with knees flexed to 90 degrees and back flat on the floor. Slowly raise and straighten one leg, grasping it loosely behind the thigh with both hands.



12

CALF STRETCH

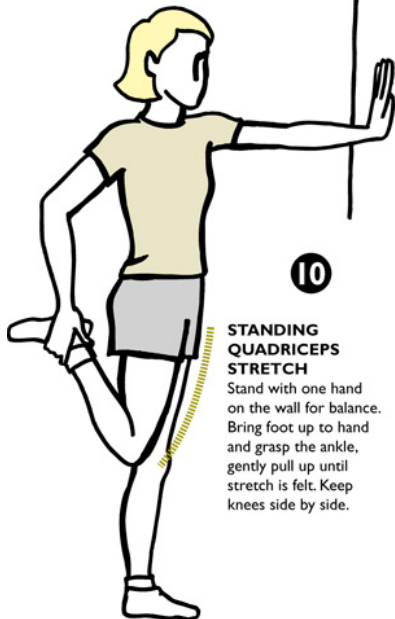
Standing 3-4 feet from wall with feet in the position shown and perpendicular to the wall. Lean against forearms, maintaining a straight line through the spine and back heel pressed to the ground.



10

STANDING QUADRICEPS STRETCH

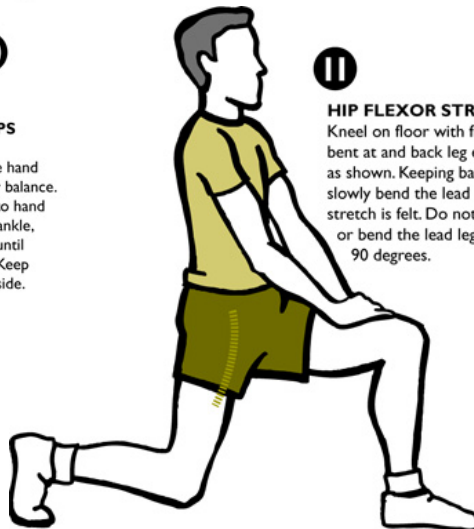
Stand with one hand on the wall for balance. Bring foot up to hand and grasp the ankle, gently pull up until stretch is felt. Keep knees side by side.



11

HIP FLEXOR STRETCH

Kneel on floor with front knee bent at and back leg extended as shown. Keeping back straight slowly bend the lead leg until a stretch is felt. Do not lean forward or bend the lead leg more than 90 degrees.



Add to this list of stretches and build up your library of stretches.

Stretching pictures courtesy of City of Saskatoon, Smart Start Program



NAME: _____

MONTH: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week
Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Week 1 Total:
Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Week 2 Total:
Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Week 3 Total:
Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Week 4 Total:
Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Time: Distance:	Week 5 Total:
						Month Total	=



BRAINSPORT

HIGHSCHOOL
WALK/JOG CLUB

in motion

THANKS FOR PARTICIPATING

GOOD WORK - STICK TO IT

PROUDLY PRESENTED TO

DATE: _____

WEEK 1



WEEK 2



WEEK 3



WEEK 4



WEEK 5



in motion™

Physical Activity - do it for life!

Do you want...

Increased self-confidence
Better flexibility
Strong muscles and bones
Increased energy
Better attention in class
A healthy weight
More endurance
A positive body-image
Better sleep patterns
Better moods and feel really great

It's your choice...

Get a start on feeling awesome



JOIN the



WALK/JOG CLUB

Club runs from:

- For beginners and moderately active.
- Start at your own pace and progress as you are able.
- Join on your own or with a friend.
- Have FUN and get FIT.
- Opportunity to get some cool *in motion* stuff and a discount at Brainsport the Running Store.

TO GET INVOLVED CONTACT:

Get a start on feeling awesome
JOIN the

WALK/JOG CLUB



- For beginners and moderately active.
- Start at your own pace and progress as you are able.
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GROUP MEETS:

DAYS:

TIME:

LOCATION:

Club starts:

Resources

Web Sites:

www.in-motion.ca

Join *in motion*'s interactive walking club! You will find information on the benefits of being "in motion"

www.brainsport.ca

Brainsport, The Running Store has great information on running and walking. They also have a number of Walking/Running Clubs

www.saskatoonroadrunners.ca

The Saskatoon Road Runners Club offers a number of races ranging from 5km to full Marathons.

www.runnersworld.com

Sign up for their weekly newsletter

<http://www.city.saskatoon.sk.ca/org/leisure/programs/smartstart/index.asp>

A well developed resource on walking for health.

Leader Evaluation

Please give us your feedback about the success of your school walk-jog club.

1. How many students and staff participated in your club?

Students: _____ Males _____ Females

Staff: _____ Males _____ Females

2. How often did your club meet?

3. In your estimation, how active were a majority (>3/4) of the participants before the club?

1 2 3 4 5
inactive *somewhat active* *very active*

4.a. How effective (e.g. useful, user friendly, informative) was the resource package?

1 2 3 4 5
inactive *somewhat active* *very active*

4.b. How could the resources be improved?

5.a. Did you attend the training session at Brainsport?

___ yes ___ no

5.b. Did you find it useful?

6. What would improve the High School Walk/Jog Club? (e.g. resources, timing etc.)

7.a. How many of your Walk/Jog Club participants participated in the Saskatchewan Marathon Fun Run event as a wrap up to the training?

7.b. If not, why?

8. Share your Walk/Jog story with us (and/or additional comments or barriers):

School and/or Leader Name

(optional): _____

Thank you so much for your leadership in the Club and the time you have taken to give us your feedback!

**Please fax the leader and participant evaluations to
in motion at 655-8128**

SOURCES:

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