

Exercise Resources

***Please contact a Weight Management Specialist at 920-568-5489 for more detailed information about any of the listed resources.**

Free Mobile Applications:

[MyFitness Pal](#)—Helps you set a weight loss goal, monitor your progress, and track food intake and activity.

[MapMyRun](#)—GPS technology is used to measure the distance, time, pace, and speed of your outdoor workouts.

[NikePlus](#)—From running to everyday activities, Nike+ lets you track multiple activities, compare your results overtime, and it promotes healthy competition.

[Runkeeper](#)—Uses a GPS system to track distances, time, and pace of workouts.

[Endomondo Sports Tracker](#)—Uses a GPS system to track and record the distance and pace of your running, walking, and/or biking routes.

Activity Trackers:

[FitBit](#)—Wireless activity tracker that measures steps, distance traveled, calories burned, floors climbed, activity duration and intensity, and sleep quality.

[Garmin Watch](#)—Wireless activity tracker that measures steps, distance traveled, and calories burned.

[Jawbone UpBand](#)—Wireless activity tracker that measures steps, distance traveled, calories burned, and sleep quality.

Additional Websites:

[Spark People](#)—Provides nutrition and fitness information including articles, videos, support, blogs, and food and exercise trackers.

[MyFitnessPal](#)—Helps you set a weight loss goal, monitor your progress, track food intake, and track physical activity. Offers recipes and nutrition tips as well as exercise advice and demonstrations.

Exercise DVDs:

At-Home Challenge. *The Biggest Loser* – Join the Biggest Loser trainers for four ten-minute workouts designed for maximum results. Phase one includes aerobic moves used for tennis and athletic training, while the strength component builds lean, powerful muscle through bodyweight training. Phase two uses light weights to get your metabolism working more efficiently.

Burn Body Fat. *Leslie Sansone* – Walk-at-home DVD that provides up to five miles of exhilarating multi-muscle cardio and fat blasting. Customize your walk by mixing and matching the five different miles to create your own personal workout for pure fat burning fun.

Losing it and Keeping it Off. *Valeri Bertinelli* – Work with trainer Christopher Ross Lane and Valerie Bertinelli to achieve weight loss results with two different workouts, Body Basics and Keeping Fit. Additional Abs Sculpting is also included to help tighten and tone the abdominal muscles.

Power Sculpt. *The Biggest Loser* – Work with Biggest Loser trainer Bob Harper and past contestants to walk off the weight with four low-impact one-mile indoor walking workouts designed to get your heart pumping.

The Walk Diet. *Leslie Sansone* – An activity-based DVD that includes a beginner’s one-mile workout that will boost your energy and attitude and a two-mile workout to help you get toned and trim.

Book Reviews:

The following star rating system and reviews are the opinion of Dr. James Martin MD, MPH. They are meant as a resource to help you decide which books may be the most helpful for your needs.

Fitness for Dummies *Suzanne Schlosberg and Liz Neporent*



Not sure what kind of exercise is right for you? This book is a great place to start. An easy read with practical information and advice on all exercises, from aerobic training to weight lifting to yoga to Pilates to education on the different kinds of exercise equipment available.

Fit Over 40 for Dummies *Betsy Nagelsen McCormack*



For people who are getting older and want to begin an exercise program, this book provides all the basic essential information for getting started the right way; everything from proper exercise clothing to avoiding injuries.

Transformation *Bill Phillips*



This book provides an interesting perspective on how to go about changing one’s life. It includes discussions and examples of the physical, psychological, spiritual, and emotional factors that need consideration to make a lifelong transformation.

Walk Your Butt Off! Go from Sedentary to Slim in 12 Weeks with this Breakthrough Walking Plan

Sarah Lorge Butler



This clearly written book provides an easy-to-follow plan for increasing your activity level with one of the best exercises to help lose weight and improve overall health – walking. The authors provide plenty of information to answer nearly any question you might have about walking as exercise. It is debatable that their assertion that diet is not very important for weight control; regardless, the exercise advice as presented is quite good.

How Fort HealthCare Can Help You:

***Prior to beginning any new exercise program, please take the brief PAR-Q Test to determine if notifying or visiting your doctor is needed for participation clearance.**

According to the Center for Disease Control and Prevention, the recommended amount of exercise every individual should get on a weekly basis at a minimum is 150 minutes of a moderate-effort exercise or at least thirty minutes per day on five or more days of the week.

Exercise Programs:

Movin' & Losin'—A weight management program, delivered in two twelve-week sessions, designed with educational and exercise components to help participants reach their individual wellness goals. Wellness specialists along with special guest lecturers will cover different topics related to nutrition, exercise, and overall health each week. Participants will need to dress in comfortable clothing and tennis shoes as each class incorporates at least thirty minutes of physical activity. Classes will be held in the Fort HealthCare Cardiopulmonary Rehab facility located on the first floor of the south end of the hospital.

EDGE Training Program—Work with a Licensed Athletic Trainer who helps individuals improve their strength and power workouts, endurance, and flexibility. Lessons in nutrition, stress management, positive mindset, and injury prevention are also provided.

12-Week Walking Program—Basic beginner guidelines for a twelve-week walking program. This is a great place to start if you have not engaged in physical activity recently.

30-Day Walking Challenge (My Fitness Pal)—For those who walk for exercise, challenge and commit yourself to a thirty-day program. There are beginner, intermediate, and advanced programs based on the number of steps that need to be completed each day. Figure out where you fit and start the challenge today! More information on the program is located here: [FitnessPal Blog](#).

Fort HealthCare's Indoor Walking Path—Walk in the comfort of a climate-controlled, carpeted area with windows to view the outside without worrying about the heat, cold, rain, or snow! You are able to use the facility at no cost and at your own pace. Please enter the hospital through the Ambulatory Entrance off of McMillen Street, sign in at the information desk, and you are set to go!

Fort HealthCare's Group Fitness Classes—Whether you're a beginner to group exercise or are looking for a class that challenges you, we have instructors that can help!

Get n Fit!—Work with a Certified Athletic Trainer who will customize a fitness program to meet individual's needs, developed for you to perform at home. This program is targeted for the adult who needs help starting an exercise program or someone looking to change up their exercise routine, but doesn't know how to go about it.

Health Coach—Work one-on-one with an ACE-Certified Health Coach who will help develop strategies to safely engage people in health behavior changes and self-management of health conditions resulting in improved overall health.

Fitness Testing—The first step in any program is to understand and assess what can be done. Get started with a physical fitness assessment provided by trained individuals who can better assist you in determining what your overall fitness level is, what fitness goals you might have, and the steps that will be needed to achieve those goals.

Cardiopulmonary Wellness Hours—Exercise at the Fort HealthCare Cardiopulmonary Rehab facility instead of buying a membership at a gym. Set up an orientation meeting for instructions on how to use the equipment. **Limited hours are available in order to meet the needs of the Cardiopulmonary Rehab patients. Employees of the hospital can use the equipment for free. All others can purchase sessions at a discounted rate and use the equipment during open hours.* The facility is located on the first floor of the hospital at 611 Sherman Avenue East in Fort Atkinson. Open hours are Mondays, Wednesdays, and Fridays from 7:15-8:15a, 9:15-10:30a, 12:30-1:30p, 2:00-3:30p and Thursdays from 8-10a.