

Exercise Resources

FREE Mobile Applications:

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

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

[NikePlus](#)- From running to everyday activities, Nike+ lets you track multiple activities - and compare your results over time.

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

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

Activity Trackers:

[FitBit](#)- Wireless activity tracker that measure steps, distance walked, calories burned, floors climbed and activity duration/intensity and also sleep quality.

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

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

Additional Websites:

[Sparkpeople](#) Provides nutrition and fitness information, articles, videos, support, blogs, food and exercise trackers.

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

How We Can Help You:

*Before any new exercise program begins, please take our brief [PAR-Q test](#) to determine if you need to check with your doctor before you start.

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 30 minutes/day x 5 days/week.

Exercise Programs:

Movin' & Losin'- This weight-management program, delivered in two 12-week sessions, is designed specifically for adults with education and physical activity designed to help you reach your goal. Wellness Specialists along with special guest lecturers will cover a different topic each week related to diet and exercise. Each class will include time for physical activity. This class will be held in the Fort HealthCare Cardiac Rehab facilities.

12 Week Walking Program – Basic beginner guidelines for a 12 week walking program. This is a great place to start if you have not been very active recently.

30 Day Walking Challenge (My Fitness Pal) – For people who walk for exercise, challenge and commit yourself to a 30 day program. There are beginner, intermediate and advanced programs (number of steps you need to complete each day). Figure out where you fit and start the challenge today!

[FitnessPal Blog](#)

Fort HealthCare's Walking Track- Walk in in the comfort of a climate controlled carpeted area with windows to view the outside without worrying about the heat, cold or rain! You are able to walk at your own pace. Enter the hospital through the Ambulatory Entrance and sign in and you are set to go!

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

Get n Fit! Work with an Athletic Trainer who will customize a fitness program to meet individual's needs which will be developed for you to perform at home. Targeted for the adult who needs some 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 a Health Coach who will help develop strategies and safely engage people in health behavior changes and self-management of health conditions resulting in improved health.

Fitness Testing- The first step in any program is to understand and asses 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 steps that will be needed to achieve those goals.

CardioPulmonary Wellness Hours – Work out for FREE in the FHC CardioPulmonary Rehab Unit instead of buying a membership at a gym. Set up an orientation meeting for instructions on how to use the equipment. **Limited hours available in order to meet the needs of the Cardiac Rehab patients.*

Location: 1st floor of Fort Memorial Hospital (611 Sherman Ave. East, Fort Atkinson WI)

MWF: 7:15-8:15a, 9:15-10:30a, 12:30-1:30p, 2:00-3:30p TH: 8-10a

Exercise DVDs:

At-Home Challenge. *The Biggest Loser* – Join the Biggest Loser Trainers for four 10-minute workouts designed for maximum results. Phase one includes Cardio aerobic moves used for tennis and athletic

training, while the strength component builds lean, powerful muscle through body-weight training. Phase two uses light weights to get your metabolism working overtime.

Burn Body Fat. *Leslie Sansone* – Walk at home DVD that provides up to 5 miles of exhilarating multi-muscle cardio and fat-blasting. Customize your walk by mixing and matching the 5 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 Berinelli to achieve weight loss results with two different workouts, Body Basics and Keeping Fit. Additional Abs Sculpting is also thrown in to help tighten and tone the abdominal muscles.

Power Sculpt. *The Biggest Loser* – Work with the Biggest Loser Trainer Bob Harper and some favorite 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 beginners 1 mile workout that will boost your energy and attitude and a 2 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.

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 lots of good practical information and advice on all manner of exercise - from aerobic training to weight lifting to yoga to pilates to the different kinds of exercise equipment that are 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 such a life-long 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 most any question you might have about walking as an exercise. I disagree with their assertion that diet is not very important for weight control, but regardless, the exercise advice as presented is quite good.