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**Available WorkLife Programs Rental Items**

**Traveling Trainers**

Traveling trainers contain three exercise bands, a DVD guide to exercising, and a paper copy of the exercise instructional guide and diner’s guide. There are also training cards with exercise programs for levels 1 through 3, with one being the most basic. Traveling trainers may be checked out for two weeks and must be returned by 4 p.m. on the fourteenth day (Monday, if the fourteenth day falls on the weekend). A replacement fee will be charged if kits are not returned. For more information, or to check out a traveling trainer, call WorkLife Programs at 49-45461.

**Leiki Walking Poles**

Leiki walking poles come with an instructional DVD and a warm-up/stretching guide. The poles increase the calories burned during a walk and also reduced the stress to a user’s ankles, knees, hips, and lower back. Leiki poles may be checked out for four nights and must be returned by 4 p.m. on the fifth day (Monday, if the fifth day falls on the weekend). A replacement fee will be charged if poles are not returned. For more information, or to check out a walking pole, call WorkLife Programs at 49-45461.

**Measure Wheel**

The measure wheel is used to determine the distance of a walking route. If you take a walk at lunch through halls or tunnels and want to know the distance you’re walking, this is the perfect tool for you. It measures in feet, but you can convert the distance into miles. The measure wheel can be checked out for two weeks and must be returned by 4 p.m. on the fourteenth day (Monday, if the fourteenth day falls on the weekend). A replacement fee will be charged if the measure wheel is not returned. For more information, or to check out a set of poles, call WorkLife Programs at 49-45461.

**Books**

Book rentals are available for those who wish to learn about wellness, worklife, and employee assistance topics in the comfort of their own home. Books may be checked out for two weeks and must be returned by 4 p.m. on the fourteenth day (Monday, if the fourteenth day falls on the weekend). A replacement fee will be charged for books not returned. Visit www.purdue.edu/hr/WorkLife/bookRental.php to see available titles and check out a book.

**Videos, DVDs, and CDs**

Items may be checked out for four nights and must be returned by 4 p.m. on the fifth day (Monday, if the fifth day falls on the weekend). A replacement fee will be charged for items not returned. Visit www.purdue.edu/hr/WorkLife/videoRental.php to see available titles and check out resources.

**Brochures**

Brochures are available for those who wish to learn about wellness, worklife, and employee assistance topics in the comfort of their own homes. To view available brochures, or to request a brochure, visit www.purdue.edu/hr/WorkLife/resourceRequest.php.
Benefits of Physical Activity

Benefits of Cardiovascular Exercise
- Maintains and improves cardiovascular function
- Reduces risk factors associated with chronic disease
- Improves overall health status
- Contributes to increases in life expectancy
- Improves bone health, reducing risk for osteoporosis
- Improves postural stability, reducing risk of falling and associated injuries and fractures
- Increases flexibility and range of motion
- Preserves cognitive function
- Alleviates symptoms of depression
- Improves perceived self-efficacy

Benefits of Strength Training
- Increases strength and power
- Improves balance
- Prevents falls
- Improves posture
- Increases grip strength
- Improves cardiovascular fitness
- Decreases blood pressure
- Decreases disability and improves function

Tips for Stretching
The goal of stretching is to gently lengthen muscles before and after any form of exercise and to improve tissue elasticity/flexibility. If done correctly, stretching will help prevent injuries and increase overall flexibility.

Remember the following key points while stretching:
- Begin with gradual mobility exercises of all joints (i.e., simply rotate the wrists, bend the arms, and roll your shoulders).
- Always warm up prior to stretching to prevent injury. A stroll around the block or walking/marching in place is usually adequate.
- After exercise, slowly bring your heart rate down before you begin stretching, in order to avoid cramps and dizzy spells.
- Never bounce while you stretch! If you feel you’re not getting a good stretch, ask for assistance (partner stretches) or start the stretch over.
- Hold the stretches until you feel the muscle relax (10-30 seconds) and repeat.
- While stretching, you should feel a slight stretch in the muscle. If you don’t feel anything, you may be doing the stretch incorrectly.
- Stop immediately if you feel any severe discomfort.
- Remember to breathe! Holding your breath during a stretch makes it difficult to hold that stretch for long.
- If you do a stretch with one arm or leg, do it with the other. Think symmetry.
- If you are doing a stretch while standing, remember to place your feet shoulder-width apart and stand tall.

Ideas for Increasing Activity Levels
- Find the farthest parking space instead of the closest one.
- Take the stairs.
- Walk to a co-worker’s desk instead of calling them.
- Walk to the printer every time you print something.
- Go to the bathroom on a different level.
- Walk to lunch (this way you don’t lose your parking space).
- Take a 15-minute break and stretch.
- Park at the opposite end of the mall.
- Organize an office walking group. Meet before, during, or after work and walk for 15-30 minutes.
- Host neighborhood or family dog walks.
- Walk or ride to work.
- Do crunches, push-ups, or march in place during commercial breaks.
- Join an exercise class.
- Take a walk around the block before going to work.
- Go through a morning stretching routine.
- Keep a journal of your mood and how it feels to exercise at the beginning, then look at it a month later and see how far you have come in terms of energy level and experience.
Ways to Stay Motivated

1. Know the benefits of exercise.
   - We are more motivated to do things that we’ll benefit from.
   - Experiencing the benefits increases our motivation.
   - You will benefit tremendously from consistent exercise.

2. Create your personal “reasons list.” Keep a piece of paper and a pen handy for a couple of days.
   - Jot down every reason you can think of for getting healthy/getting fit/losing weight through consistent exercise. Some examples include:
     1. More energy to spend quality time with your family
     2. Being able to fit into all the clothes in your closet and have more flexibility on styles
     3. Living a long, healthy life and enjoying time with your family and friends
     4. Being more comfortable in public
     5. Not becoming breathless climbing stairs
     6. Being able to do “active” things with your family and friends.

   Make an extensive list. This may not seem important, but when your motivation is waning, reading this will rejuvenate and remind you of your goals. It’s a powerful way to quickly get re-motivated!

3. Exercise with a friend. Statistics tell us that people who exercise with a friend are more successful at exercising consistently. You can keep each other accountable. Knowing that someone is waiting for you to exercise with them can be great motivation to show up and get it done!

4. Exercise first thing in the morning, every morning. People who exercise six to seven days per week, first thing in the morning, are much more successful at exercising consistently than those who do the two or three-day plan.
   - It doesn’t have to be a huge workout every day. Get out there and take a 30-minute walk.
   - If you exercise in the mornings, there is less of a chance that other things will get in the way.

5. Train for a local 5K or 10K walk or run in your area. This can be great motivation to exercise on a regular basis. Many people have been transformed from couch potatoes to lean, mean exercising machines because they decided to enter and train for a competition like this. Don’t think you can’t do it – you can!

6. Reward yourself! For example, put $3 in a piggy bank every time you exercise. Give yourself the freedom to spend this money on things you normally wouldn’t buy.

7. Keep records. Write down your exercise time (minutes) each day. Keep a running total for the month and year. Calculate your average exercise time per day.

8. If you ever say to yourself, “I don’t have time for exercise,” think about:
   - If something happened to you and you became sick, those important tasks wouldn’t seem so important.
   - Disease from sedentary behavior will cause a greater detriment to your time than exercising 30 minutes a day.
   - With a healthier you, those around you will benefit, too. Put your health at the top of your priority list.

9. Make exercise as enjoyable as possible. You are much more likely to exercise consistently if you enjoy it.
   - For example, if you’re a walker, you may want to get an MP3 player to listen to music or books on tape, or you can even get a small radio and listen to music or talk radio.
   - If you’re exercising inside, set up a TV so that you can watch while exercising.
   - On the other hand, you may just prefer peace and quiet. Do whatever makes exercise most enjoyable for you.

If you become regularly active, your body will allow you to experience life in a wonderful new way. Instead of fighting with your body, you’ll love what it can do. See and feel results. Get compliments. That’s real motivation! Go for it!
Physical Activity Safety

Warming Up and Cooling Down
- Warm up 5 to 10 minutes prior to exercise with light activities, such as walking in place or a slower version of the planned activity.
- This increases blood flow to inactive body parts and gradually raises the heart rate.
- Similarly, once exercise is complete, you want to gradually reduce your heart rate.
- Cooling down also prevents blood from pooling in your limbs.

Stretching
- Static stretching after warming up and cooling down increases flexibility and loosens tight muscles.
- Reduce your risk of injury by increasing your flexibility.
- Identify any muscles that are tight from exercise and pay more attention to them while stretching.

Use Safety Devices
- Use the standard safety gear for each activity.
- If you are running or riding your bike at night, make sure that you have proper reflective gear to increase your visibility to drivers.

Safety Keys
There is nothing more discouraging than putting your exercise routine on pause due to an injury. Some things are out of our hands; however, many injuries can be prevented by following these guidelines.
Heart attack
Heart attacks are critical situations, and every second counts when contacting emergency medical services. Know these warning signs of a heart attack.

- Chest discomfort. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. This can include pain or discomfort in one or both arms, back, neck, jaw, or stomach.
- Shortness of breath. This can be with or without chest discomfort.
- Other signs might include breaking out into a cold sweat, nausea, or lightheadedness.

Heat exhaustion
Signs and symptoms of heat exhaustion:

- Weakness
- Dizziness
- Warm, moist, pale skin
- Nausea and vomiting

How to prevent heat exhaustion

- Stay in the shade and cooler areas.
- Wear layers of light breathable fabrics.
- Stay hydrated.

Stroke
Stroke is a medical emergency, and every second counts when contacting emergency medical services. Know these warning signs of stroke and teach them to others.

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Dehydration
Signs and symptoms of dehydration:

- Rapid drop in weight
- Increasing thirst
- Dry mouth
- Weakness or lightheadedness
- Darkening or decrease in urination

Tips for hydration:
While exercising, you want to replace the fluids that you are perspiring. Your body needs a balance of salt and water. When the body needs more water, it will let you know. This is called thirst. However, as we age, our ability to sense thirst diminishes.

Key points to proper hydration:

- Drink 8 - oz. glasses of water or other liquids a day.
- Alcohol, coffee, and other diuretics do not count as they actually lower the amount of water in the body.
- Fruit and vegetable juice are adequate replacements for water.
- Take a water bottle with you so there is a slow, steady intake of fluid.
- If it isn't possible to bring a water bottle with you, drink a glass of water before leaving.
  - To avoid the feeling of water sloshing around in your stomach, wait 15 minutes before exercising.
- Another technique is to weigh yourself before and after exercising, and then drink water until you are back at the weight prior to exercising.

Call 911 if there are problems with airway blockage; breathing; circulation; head, neck or spinal injuries; loss of consciousness, seizure; severe bleeding; fracture; or dislocation.
Goal setting is a powerful strategy used for increasing participation in an exercise program. Too often we start an exercise program, or think of starting one, hoping that we will achieve the ultimate outcome. However, hoping does not put our bodies in action. Goal setting is fundamental to the success of any exercise program because it allows us to set direction, create motivation, and devise a strategy or plan to achieve our desired outcome.

We often skip these steps and find our exercise program lasts only a few weeks as we lose direction, lose motivation, and wonder where our strategy/plan went? To begin planning, start with SMART goals to help create a plan of action for you to make healthier choices. Remember, everyone is different in their needs to maintain a regular exercise program, but setting goals is the first step. Also keeping a journal of progress has been shown to aid in the success of set goals for exercise programming.

A SMART goal is Specific, Measurable, Achievable, Rewarding, and Trackable. Think about what you want to change and walk through the following steps to set your goals.

**Specific:** Goals should be within reach and challenging. Visualize what you want to do. Example: My goal is to walk and add activity to my day.

**Measurable:** Include a deadline such as a week, a month, or a year from now. Example: My goal is to walk 30 minutes a day, five days a week, one month from now.

**Achievable:** Keep your goals realistic. Start easy and add challenges to build success. Example: I’ll walk 10 minutes at lunch and 10 minutes after dinner.

**Rewarding:** Celebrate! The reward doesn’t have to be big, just something for a job well done. Example: I’ll get a massage after I’ve walked 30 minutes a day, five days a week for one month.

**Trackable:** Measure your progress and keep on the right path to a healthier lifestyle. Example: I’ll record my minutes of walking on my calendar each day.

Accept the fact that barriers are common and don’t become discouraged. If you slip up, remember to forgive yourself and move forward toward your goals. There are always bumps along the way, but as long as you’re making progress, you are improving your health and your life.

It’s very important to build a support network. Family members, close friends, or co-workers can offer you support as you work toward a healthier lifestyle. Look for others working on a similar change so you can help each other stay on track.
There is no better time than now to set your SMART goals.

The Health Behavior I want to change is:

My reward is:

My short-term goal is:

My long-term goal is:

I will track my progress by:

I will overcome my barrier(s) by:

My support team is:

Once your goals have been established, objectives can then be set to identify how you will achieve short-term outcomes, which lead to long-term successes. Objectives should tailor your goals in a progressional manner. It is important to have a good understanding of the basic components before you set off on a new project such as becoming more active. When setting your goals, start out with goals that will be attainable in the near future, and then work your way up. Below are a few examples of different objectives. Think of your goals and how you can best create a strategy to accomplish them.

Example objectives
1. Learn the major muscles of the body and what exercises are associated with each (Learn the basics!).
2. Meet once with a personal trainer to identify correct form and technique for resistance training exercises (Learn to isolate!).
3. Weight train: Monday and Thursday (7-7:45 a.m.) on my own.
4. Walk/run for 20-30 minutes Monday, Wednesday, and Friday with my neighbor.
5. Watch portion sizes and dietary intake (www.mypyramid.gov).
Area Health/Fitness Clubs

**ON CAMPUS**

**Ismail Center for Health, Exercise, and Nutrition (Purdue employee discount)**
Lambert Fieldhouse, 800 West Stadium Drive, West Lafayette, IN (765) 496-6448
http://www.cla.purdue.edu/Ismail/about.html

Facilities
Personal trainer, nutrition counseling, physical fitness assessments, indoor track, weights (selectorized and free), Cardio machines, pool

**Recreational Sports Center/Boilermaker Aquatic Center (Purdue employee discount)**
355 N. Intramural Drive, West Lafayette, IN (765) 494-3109
http://www.purdue.edu/RecSports/

Facilities
Personal trainers, nutrition counseling, physical fitness assessments, athletic trainers, group exercise classes, learn to play classes, indoor track, pool, indoor soccer, basketball/volleyball courts, racquetball courts

Disclaimer: WorkLife Programs does not endorse any of these facilities. At the time of publication, these were the facilities that were investigated. The list may not be comprehensive. If you know of a facility that should be listed, please e-mail worklife@purdue.edu and we will see that it gets added.
Club CityFit
Renaissance Building, Basement level, 250 Main Street, Lafayette, IN (765) 742-3000 or (765) 404-7909 http://www.clubcityfit.com/
Facilities
Personal trainers, physical fitness assessments, metabolic rate profile, group exercise classes

Curves for Women (Purdue employee discount)
1. 3613 S. 18th Street Lafayette, IN (765) 474-3788
2. 441 Sagamore Pkwy. West, West Lafayette, IN (765) 464-8233
3. 140 Frontage Rd. Lafayette, IN (765) 449-8001
4. 34 W. 1250 South, Battle Ground, IN (765) 563-0016
5. 2200 Elwood Ave. Lafayette, IN (765) 448-9589
http://www[curves.com/locations/results.php
Facilities
Weight machines and aerobic circuit

Faith Community Fitness Center
5526 St. Rd. 26 East
Lafayette, IN 47905
(765) 449-4600
http://www.fcmlafayette.org
Facilities
Cardio equipment, pool, indoor track, plate loaded and cable strength training equipment

Family Sports Center
3242 W. County Road 250 North, West Lafayette, IN (765) 464-0100
http://www.arnettsports.com/
Facilities
Cardio equipment, free weights, weight machines, basketball, volleyball, dodgeball

International Sports Clubs (Purdue employee discount)
1. 1330 Win Hentschel Blvd. West Lafayette, IN (765) 464-3435
2. 3663 Braddock Dr. Lafayette, IN (765) 474-1700
3. 3861 State Rd 26 E. Lafayette, IN (765) 447-8866
Facilities
Cardio equipment, weight machines (circuit, free weights and selectorized), racquetball, volleyball/basketball courts and tanning beds.

Lafayette Sports Center Tennis & Fitness (Purdue employee discount)
3832 Fortune Dr. Lafayette, IN (765) 448-6444
Facilities
Weight machines (circuit training and free weights), basketball/volleyball, badminton, tennis courts, indoor track, aerobics and childcare.

Levee Health and Fitness
334 Brown St. West Lafayette, IN (765) 743-9290
Facilities
Cardio, circuit training, plate loaded machines, free weights, half court basketball/volleyball, cardio classes, personal training

Lifelong Fitness
31 N. Earl Ave. Lafayette, IN (765) 448-1981
Facilities
Personal training.

Max Fitness
2529 Schuyler Ave. Lafayette, IN (765) 429-8883
Facilities
Cardio equipment, weight training equipment, indoor/outdoor pool, dry sauna, towel service and personal training.

Miracles Fitness
951 Sagamore Pkwy West, West Lafayette, IN (765) 463-2200
http://www.miraclesfitness.com/lafayette.htm
Facilities
Health and fitness assessment, complimentary training sessions, individualized program design, low-back health, strength training for women, customized meal planning, pre and post rehab personal training, small group training, biometrics weight loss program™, massage therapy

Newtone Health and Fitness
725 Sagamore Pkwy North, Lafayette, IN (765) 447-2400
http://www.newtone.com/
Facilities
Pool, cardio classes, nursery, cardio equipment, selectorized weight training, indoor track, basketball courts, food and beverage, personal training, massage, pro-shop, tanning and swimming lessons.

The Edge Personal Training (Purdue employee discount)
3480 Kossuth Street, Unit 3, Lafayette, IN (765) 447-9204
http://www.theedgepersonaltraining.com/
Facilities
Personal training, nutritional information, children's play area, discounts on supplements

YMCA
1950 S. 18th St. Lafayette, IN (765) 474-3448
http://www.lafayettefamilyymca.org/
Facilities
Pool, basketball courts, cardio, weight room, aerobics room, racquetball, game room.

YWCA
605 N. 6th St. Lafayette, IN (765) 742-0075
http://www.ywca.org
Facilities
Pool, basketball courts, aerobics, hatha yoga, fitness room.
Maps

Community Maps

Gold Tree Trail

Blue Tree Trail
Community Maps

Cattail Trail 4.5 mi

Northwest Greenway Trail 5.5 mi
Trekking Through Tippecanoe

Download a copy here:

West Lafayette Parks & Recreation Trails Guide

Download a copy here:
http://parks.city.west-lafayette.in.us/
Campus Maps
Available at: http://www.purdue.edu/campus_map/
Running Routes from the RSC

1. Northwest Greenway Trail
   - Dashed line indicates overlapping running paths

2. Cumberland Park
   - 9.5 miles is the round-trip distance from the starting point at the RSC

3. Stadium Ave
   - 20k is the round-trip distance from the starting point at Stadium and Intramural Dr
   - 8.1 miles is the round-trip distance from the starting point at the RSC
Running Routes from the RSC - 2

10k is the round-trip distance from the starting point at the RSC parking lot entrance on Stadium Ave.

5k is the round-trip distance from the starting point at the RSC parking lot entrance on Stadium Ave.

5.5 miles is the round-trip distance from the starting point at the RSC
Running Routes from the RSC - 3

2.5 miles • • • • 3 miles

AIRPORT ROAD
McCORMICK ROAD

PICKETT PARK
N. INTRAMURAL DRIVE

STATE STREET
THIRD STREET

AQUA
RSC

1.5 miles
McCORMICK ROAD

PICKETT PARK
N. INTRAMURAL DRIVE

AQUA
RSC

Run to Ft. Ouiatenon
7 miles

McCORMICK ROAD
Running Routes from the RSC - 4

4.97 miles
(8K)

6.2 miles
4.1 miles

Amy Route 5.5 miles
Running Routes from the RSC - 5

Campus Loop 2.25 miles

McCORMICK ROAD
PICKETT PARK
DAVID ROSS ROAD
ACKERMANN HILLS GOLF COURSE
CHERRY LANE
STEVEN C. BEEKING DRIVE
N. UNIVERSITY DRIVE
MACKEN
ELSIE
N. INTRAMURAL DRIVE
RUSSELL STREET
UNIVERSITY STREET
N. GRANT STREET
NORTHWESTERN AVENUE
Spring Fling Routes

1997 Purdue Route
1998 Hall of Music Route
2001 Purdue Odyssey Route
2002 World's Largest Drum Route
2003 Lion’s Head Fountain Route
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2005 Dick and Sandy Dauch Alumni Center Route