

Fitness resources

Fitness equipment options

Proper footwear — If you're just getting into running or walking, don't feel the need to go out and buy an expensive pair of running or walking shoes. Instead, wear something comfortable that is meant for physical activity that has good tread to prevent slipping.

Clothing — Dress for weather conditions and for comfort. Avoid denim and baggy clothes. A pair of shorts and a T-shirt will work great but if you feel more comfortable in running clothes, there are many options in stores and online designed to help keep you cool as you train.

Wearable trackers — These are a great way to keep track of distance, steps and pace while running. There are so many great options out there right now so do your research and find the right one for you.

Walking/Running/Biking apps — Another great way to keep track of your progress. Take your phone with you on a walk, run or roll and the app will keep track of distance/time/pace as well as your route. The most popular free apps right now are "Map My Run," "Nike Training Club" and "Map My Fitness." There are several others available for free.

Headphones or ear buds — A great way to keep your mind off of physical activity is by listening to music or podcasts. Make sure to get a pair of headphones that will stay in your ear while walking, running or rolling. Wireless or wired headphones work great. Note: For safety, be sure to keep the volume at a level that allows you to remain aware of your surroundings.

Running myths: Busted!

Myth 1: You have to run every day to improve

Research shows that you need to run two to three times per week to get any progressive benefit from it.

Of course, it also depends on your goal. If you're running to prepare for a marathon, 10K or 5K race, you certainly want to increase your frequency. However, if your focus is to improve your overall health, work towards completing 150 minutes of physical activity per week.



Myth 2: Mileage is the only thing that matters

If you're training for a marathon, duration is one of the fundamental variables of training.

However, if running is part of your overall wellness routine, then it doesn't matter how far you run. The important thing is getting up and being more active.



Myth 3: Runners can eat whatever they want

This is a big misconception. You can't eat what you want just because you're running and burning more calories. You still need a well-balanced diet and to watch your caloric intake.



Where to run

Check out these links to find local running routes:

- www.mapmyrun.com
- www.jauntyeverywhere.com
- www.trailink.com
- www.Alltrails.com

Benefits of Wellness Coaching

Why should you work with a Wellness Coach to prepare for the QLife 5k Walk/Run/Roll?

- Our Wellness Coaches have training in fitness and can support you with a personalized plan to prepare.
- Continuous encouragement and motivational support to help you overcome obstacles.
- Help you achieve your goals through realistic lifestyle changes that you can maintain for a lifetime.

Call 1-888-417-1001 to schedule a session with one of our Wellness Coaches.

The sessions are always free and unlimited to those who are on a Quad medical plan!

QLife Wellness

Questions? Contact quadwellness@quadmedical.com