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TECHNOLOGY

guide to getting
ACTIVE

TIPS, TRICKS AND EXPERTISE TO
GET YOU MOVING THROUGH YOUR 30-DAY
CHALLENGE AND BEYOND.





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THE NEXT STEP TOWARD FITNESS

This guide gets down to the basics so you can get active and feel good. The following expert advice will help you achieve your goals for both mind and body, from the ground up. You'll walk to strengthen your body inside and out. Breathe to prime the mind for your journey. Eat well to fuel your movement. The key is to start somewhere. There's no better time than now, and you've got our support along the way.

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WORDS OF ENCOURAGEMENT FROM A LEADING EXPERT DR. ANDREW WEIL



An anti-inflammatory diet is designed primarily to reduce the risks of age-related disease and optimize health. It specifies eating plenty of vegetables and low-sugar fruits, lean protein with healthy fats, slow-digesting carbohydrates including whole, intact grains such as rice and quinoa, and drinking plenty of water or green tea. All contribute to keeping inflammation in an appropriate range.

Where to start:

Here are four of Dr. Weil's favorite anti-inflammatory foods to get you started on your journey to good health!

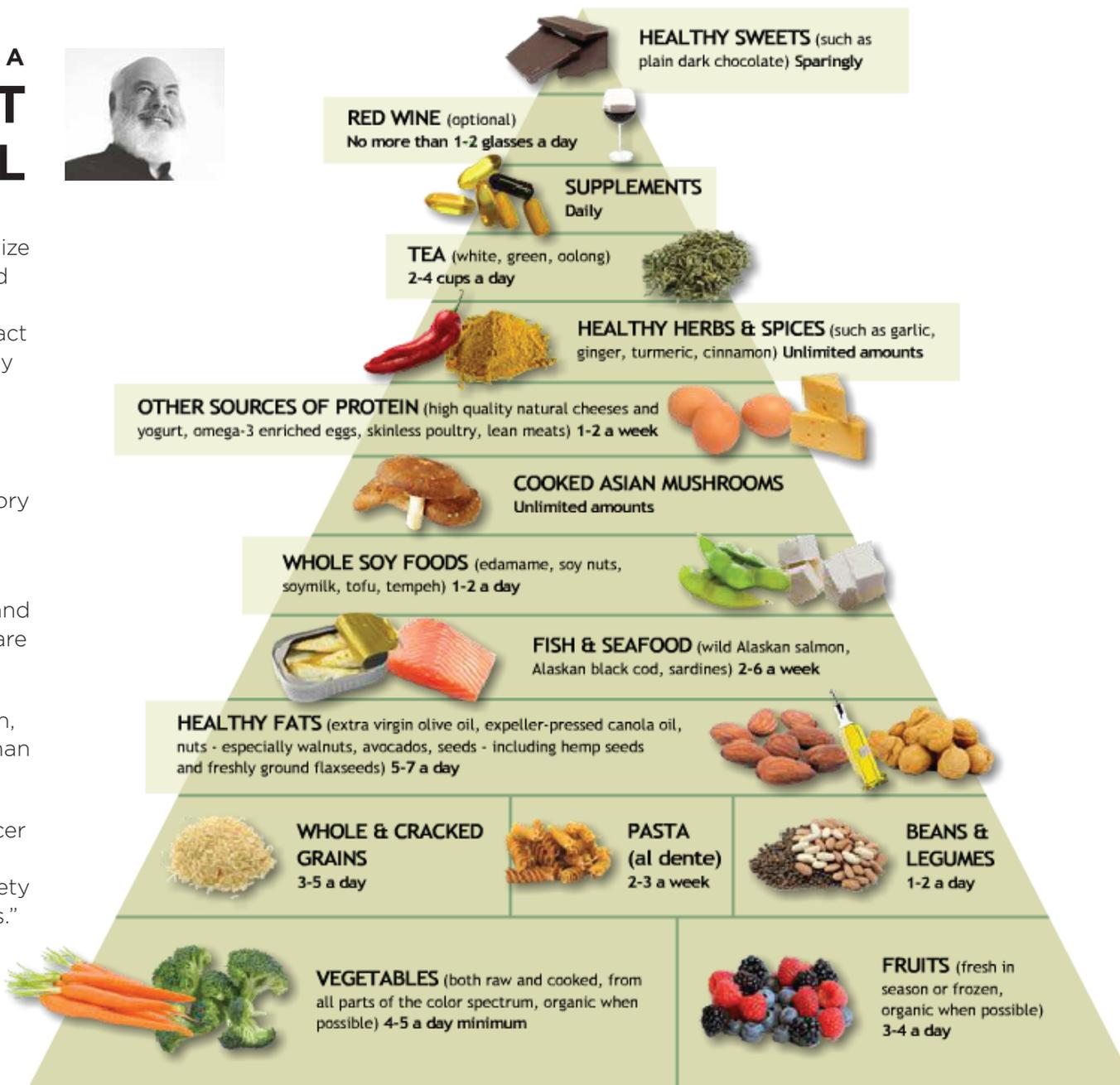
Berries: "I love the tastes of all kinds of berries, and all have anti-inflammatory effects - in fact, they are among the most healthful foods one can eat."

Black cod: "Also known as butterfish or sablefish, black cod has even more omega-3 fatty acids than does salmon."

Bok choy: "With anti-inflammatory and anti-cancer effects, bok choy has a higher concentration of beta-carotene and vitamin A than any other variety of cabbage. Toss it into soups, stews and stir-frys."

Ginger: "Try ginger lemonade made with grated ginger, lemon juice, honey and water for a post-workout treat."

For more information, visit www.DrWeil.com.



A doctor should be consulted before starting any diet or exercise program. Andrew Weil is a member of the Vionic Innovation Lab. He receives a yearly stipend for his expert contributions to continuing education and conversation in foot health and overall wellbeing.



Juliet Kaska
*Vionic Innovation Lab Expert
& Celeb Fitness Trainer*

JULIET KASKA

TIPS TO KEEP THE JOURNEY INTERESTING

01. Beware of your body's center. Keep your entire torso engaged.
02. Practice squeezing your glutes as you walk and fire them first, try not to just walk forward from the thighs or hip flexors, "squeeze and step."
03. Plant your heel first, middle of the foot and off from the toes.
04. Take time to stretch during a long walk. Stretch the thighs by bringing your heels to your glutes; twist your torso from side to side; reach up and backward with the arms through a forward wide lunge are just a few you can do during your walk.
05. Every once in a while, try walking sideways and concentrate on your hips and walk backwards to concentrate on your glutes. But do both with caution so as not to trip on something not in your pathway.
06. Make sure to dress appropriately for the weather before heading out for your walk. Wear sunglasses and other sun protection during the warmer months. Grab a walking buddy! Having company and accountability always help you go further!
07. Always be prepared to take a walk when the opportunity arises. Keep a pair of walking shoes in your car.
08. Be sure to replace your shoes on a regular basis. It's best to do so at about every 500 miles. One great tip is to buy two pair of walking shoes. One pair that you walk in on a regular basis and the other for just one day a week. Once you start to feel the difference between the two pairs, it's time to buy some new ones.
09. Pay attention to places you can walk to in your neighborhood that are within walking distance and make it a point to start walking to those destinations.
10. Try to get in 4 to 6 power walks a week. If you are a beginner, shoot for 20 to 30 minutes. If you're more advanced, take it up to 45 or 60 minute sessions. You should aim to increase your workout time by 10% each week.

A doctor should be consulted before starting any exercise regime. Juliet Kaska is a member of the Vionic Innovation Lab. She receives a yearly stipend for her expert contributions to continuing education and conversation in foot health and overall wellbeing.

AN ACTIVE CALM

WELLNESS STRATEGY OF BREATH-WALKING

What is breathwalking?

In short, it is active meditation. The goal of breath-walking is to make strong, purposeful strides and walk in rhythm. You want to move at a steady pace, but do not want to be out of breath.

How to try it:

The fundamental rhythm of breathing is four-in and four-out. So, take four short, segmented breaths in, one after another, followed by four, short segmented breaths out in time with your steps as follows:

In-in-in-in, out-out-out-out. The breaths in should typically be through the nose and the breaths out through the mouth. Periodically alternate this with a fluid four-in-four-out pattern that I call the “wave”, where there is no start or stop to the breath, but rather a fluid movement from inhale to exhale. Just flow the steps into each other into a smooth wave-like pattern.

For a visual how-to from Dr. Jim Nicolai, please visit the following URL: <http://drjimnicolai.com/videos>

Dr. Jim Nicolai

Author of “Integrative Wellness Rules:
A Simple Guide to Healthy Living”



PEG MOLINE

SLOW AND STEADY WINS THE RACE

Starting a long-term, committed exercise plan can be daunting, especially if you have never committed to one before. But experts emphasize that regular, consistent workouts are the key to success, not only to weight loss success, but also to making fitness a habit. Admittedly, the process takes patience, persistence and time.

One of the most effective and safest ways to get there is with a progressive walk/jog program designed to help you build energy and stamina as well as shed pounds. Because it's so pleasant (who can stay cranky while walking outside on a pretty morning?) and easy to do, you're much more likely to stick with this workout. If you commit today, and stick with it for the next 12 months and you'll be stronger, fitter and leaner than you thought possible. Be sure you have your doctor's approval before starting this or any other exercise program. Follow Peg's month-by-month plan on the next page.

This information is based on the experience and research of the contributors. The information is not intended to diagnose or treat any disease or condition.

Peg Moline

*Health and Fitness Editor, Author of
"The Doctor's Book of Natural Health Remedies"*



YOUR MONTH-BY-MONTH FITNESS PLAN

MONTH 1

This program assumes that you're pretty much starting out new, and don't already have a regular walking routine; even if you've been doing other exercise, you might find yourself out of walking condition, really. So, you'll start taking easy walks that won't be too hard on your body; using this time to get a feel for your body. Get out for a walk every day, even if it's for only 10 minutes.

MONTH 2

Now you're ready to start building up your stamina. Gradually increase the length of your walks until you're at approximately 100 minutes total per week. Try to walk at least five days a week, 20 minutes each day.



MONTH 3

Keep up your five-day-a-week schedule, but increase your total time to about 150 minutes a week, 30 minutes each day. And add a few speed bursts. To do one, pick up the pace for one minute, then resume your normal pace for one minute. These brisk-walking intervals increase your heart rate and help you burn calories faster.

MONTH 4

Increase the time of each speed burst so you're doing a burst of three minutes, followed by one minute of walking at your normal pace. Aim for four bursts each time you walk. You're getting stronger now, so try to walk six days a week, for a total of 180 minutes, at least 36 minutes a day.

YOUR MONTH-BY-MONTH FITNESS PLAN

MONTH 5

This phase of your walking plan starts getting serious: You should increase your total walking time to 200 minutes per week, making sure at least one walk is 45 minutes long; the others can be from 30 – 35 minutes. Increase your speed bursts to about four minutes each and do five of them each time you walk.

MONTH 6

Now that you're a pro at fitness walking on level ground, add some gentle hills or stairs to your route one day a week. Continue to walk six days a week, for a total of 210 minutes. (Note: Hill climbing takes the place of speed bursts this month and the following month, too.)

MONTH 7

Add easy hills or stairs to an additional day in your walking schedule. Continue to walk six days a week, for a total of 200 minutes. (The extra time and effort spent climbing hills compensates for the fewer total minutes this month.)

MONTH 8

Welcome speed bursts back into your routine. Walk six days a week, for a total of 225 minutes. Aim to do six five-minute speed bursts on five days and 50 minutes of walks with hills on another day.





YOUR MONTH-BY-MONTH FITNESS PLAN

MONTH 9

Yippee! It's time to run: Add brief spurts of jogging to your workouts to challenge your body. Stick with your six-day-a-week schedule. Do your normal walking routine for four days; on two days, add four one-minute intervals of jogging, followed by one minute of easy walking, then back up to brisk pace for about seven minutes. Total jogging time: eight minutes a week. Total exercise time: 216 minutes.

MONTH 10

Shoot for at least one long walk -- approximately 60 minutes -- every week. Continue to exercise six days a week, and work in even more jogging intervals. Include two days in which you jog for two minutes and walk for one; do four of these intervals followed by brisk walking. Total jogging time: 16 minutes a week. Total exercise time: 230 minutes.

MONTH 11

Now you should be jogging 15 minutes twice a week (jog for 15 minutes straight or do walk/jog intervals). Continue to exercise six days a week. Total jogging time: 30 minutes a week. Total exercise time: 230 minutes.

MONTH 12

Continue exercising six days a week while increasing your jogging time to 20 minutes twice a week. Total jogging time: 40 minutes a week. Total exercise time: 230 minutes. (Can you believe it's been a year?)

✱ With the exception of Month 1, your walks should be brisk; Rule of thumb: walk (or jog) as long as you can still maintain a conversation. If you're by yourself, try singing; keep a pace that allows you to sing clearly, but just barely.



30-DAY CHALLENGE

WALK. MOVE. LIVE.

Check out these tips to help check each day off your list.

- ✓ Put on your walking shoes and get out the door or on the treadmill. It's often the first step that's the hardest.
- ✓ Try out a movement-motivating device. We love the online communities provided by the latest wearables.
- ✓ Make sure you've got supportive shoes. Arch support goes a long way!
- ✓ Invite a friend to walk around the neighborhood, or choose a nearby mall to walk and keep warm.
- ✓ Get in bed and promise yourself 8 hours of sleep!
- ✓ Find the parking spot FURTHEST AWAY from the grocery store.
- ✓ Take the stairs. Even if you take your time.
- ✓ Like to volunteer? Take a shelter dog for a walk!
- ✓ Get away from your desk at lunch. A brisk half-hour walk satisfies your daily need for movement.
- ✓ Can't get 30 minutes at once? Try 10-10-10. Morning, noon and after work.
- ✓ Stuck in the house? Do chores. Yes, seriously. Just move!

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