Get Active for Your Health

Look inside for:

- Get the Right Sneaks
- Be Active Adults (English/Spanish)
- How Can I Keep Track of Physical Activity and Healthy Eating?
- How to Take Your Heart Rate
- High Blood Pressure: The Silent Killer
- Walking Challenge (English/Spanish)

For more information on ways to lead a healthier lifestyle visit our website GetHeathyCT.org

May 2019
GET THE RIGHT SNEAKS

You don’t have to spend an arm and a leg to get the perfect athletic shoe for your body. Try these tips from exercise experts to choose shoes that work for your feet.

LOOK FOR A SHOE THAT:

- PROVIDES SUPPORT AND CUSHIONING FOR YOUR ACTIVITY AND FOOT TYPE (ESPECIALLY ARCH HEIGHT)
- IS JUST FLEXIBLE ENOUGH TO BEND NEAR THE BALL OF THE FOOT
- OFFERS STABLE HEEL SUPPORT (THE HEEL CUP DOESN’T EASILY COLLAPSE INWARD)
- HAS A THICK ENOUGH HEEL TO ABSORB SHOCK

SIZE IT UP:

- GET FITTED AT THE END OF THE DAY, WHEN YOUR FOOT TENDS TO BE THE BIGGEST
- HAVE YOUR FOOT MEASURED AT AN ATHLETIC STORE EACH TIME YOU BUY SHOES
- WEAR YOUR USUAL ATHLETIC SOCKS WHEN TRYING ON SHOES
- ALLOW A FINGER’S WIDTH OF SPACE BETWEEN YOUR LONGEST TOE AND THE END OF THE SHOE
- WALK OR RUN AROUND THE STORE IN THE SHOES FOR ABOUT 10 MINUTES

BONUS ROUND:

- REPLACE WHEN THE TREAD IS WORN DOWN OR UNEVEN, USUALLY AFTER 350 TO 500 MILES OF RUNNING

EAT SMART    ADD COLOR    MOVE MORE    BE WELL

LEARN MORE AT HEART.ORG/HEALTHYFORGOOD
Being physically active is important for your health. Adults who are physically active are less likely to develop some chronic diseases than adults who are inactive. Physical activity is any form of exercise or movement of the body that uses energy. People of all ages, shapes, sizes, and abilities can benefit from a physically active lifestyle.

1. start activities slowly and build up over time
   - If you are just starting physical activity, build up slowly. This will help to prevent injury. After a few weeks, increase how often and how long you are active.

2. get your heart pumping
   - For health benefits, do at least 2½ hours each week of physical activity that requires moderate effort. A few examples include brisk walking, biking, swimming, and skating. Spread activities over the week, but do them at least 10 minutes at a time.

3. strength-train for healthy muscles and bones
   - Do strengthening activities twice a week. Activities that build strength include lifting weights, doing push-ups and sit-ups, working with resistance bands, or heavy gardening.

4. make active choices throughout the day
   - Every little bit of activity can add up and doing something is better than nothing. Take the stairs instead of the elevator, go for a 10-minute walk on your lunch break, or park further away from work and walk.

5. be active your way
   - Mix it up—there are endless ways to be active. They include walking, biking, dancing, martial arts, gardening, and playing ball. Try out different activities to see what you like best and to add variety.

6. use the buddy system
   - Activities with friends or family are more enjoyable than doing them alone. Join a walking group, attend fitness classes at a gym, or play with the kids outside. Build a support network—your buddies will encourage you to keep being active.

7. set goals and track your progress
   - Plan your physical activity ahead of time and keep records. It’s a great way to meet your goals. Track your activities with the Physical Activity Tracker on SuperTracker.* Use the My Journal feature to record what you enjoyed so you can build a plan that is right for you.

8. add on to your active time
   - Once you get used to regular physical activity, try to increase your weekly active time. The more time you spend being physically active, the more health benefits you will receive.

9. increase your effort
   - Add more intense activities once you have been moderately active for a while. You can do this by turning a brisk walk into a jog, swimming or biking faster, playing soccer, and participating in aerobic dance.

10. have fun!
    - Physical activity shouldn’t be a chore. It can help you feel better about yourself and the way you live your life. Choose activities that you enjoy and that fit your lifestyle.

10 consejos para que los adultos incluyan actividad física en su estilo de vida

adultos activos

Mantenerse físicamente activo es importante para su salud. Los adultos que se mantienen físicamente activos tienen menos tendencia a adquirir enfermedades crónicas que los inactivos. La actividad física es cualquier forma de ejercicio o movimiento del cuerpo que usa energía. Gente de todas las edades, contexturas, tallas y habilidades se puede beneficiar con un estilo de vida activa.

1. Empiece con actividades poco a poco, aumente la dificultad con el tiempo

Empiece lentamente si usted recién está empezando a hacer actividad física. Esto ayudará a prevenir lesiones. Después de algunas semanas incremente la frecuencia y el tiempo de su actividad.

2. Haga latir su corazón

Para lograr los beneficios haga actividad física que requiera esfuerzo moderado por lo menos 2½ horas cada semana. Algunos ejemplos son: caminar a paso ligero, montar bicicleta, nadar y patinar. Distribuya sus actividades durante la semana, pero haga por lo menos 10 minutos cada vez.

3. Ejercicios de resistencia para mantener los músculos y huesos sanos

Haga ejercicios de resistencia dos veces por semana. Actividades de fortalecimiento incluyen: levantar pesas, abdominales, ejercitar con las bandas elásticas y trabajo intenso en el jardín.

4. Manténgase activo a través del día

Cada actividad cuenta, incluso las más cortas se van acumulando, algo es mejor que nada. Suba las gradas en vez usar el elevador, camine por 10 minutos en su tiempo de descanso y cuadre el carro lejos de su trabajo para caminar.

5. Manténgase activo a su manera

Combine actividades; hay muchas maneras de mantenerse activo. Estos incluyen: caminar, montar bicicleta, bailar, practicar artes marciales, jardinería y jugar con la pelota. Pruebe diferentes actividades para ver cual de ellas le gusta más y adicionar variedad.

6. Use el sistema de amigos

Las actividades con la familia o los amigos se disfrutan más que las actividades a solas. Júntese con un grupo para caminar, asista a clases de gimnasia o juegue con los niños afuera. Cree su grupo de apoyo; sus amigos le animarán a mantenerse activo.

7. Fije su meta y tome nota de su progreso

Planee actividad física con anticipación y registre sus avances. Es una buena manera de lograr su meta. Registre sus actividades con el “Physical Activity Tracker” en el SuperTracker.* Use la función “My Journal” para anotar lo que le gusta hacer de tal manera que pueda construir un plan perfecto para usted.

8. Incremente su tiempo activo

Una vez que tenga una rutina de ejercicios, trate de incrementar su actividad física semanal. Cuanto más tiempo dedique a mantenerse activo, más beneficios de salud obtendrá.

9. Incremente su esfuerzo

Adicione actividades más intensas una vez que haya logrado actividad física moderada por un período considerable. Puede lograrlo empezando a correr en vez de caminar, nadar o montar bicicleta más rápido, jugar fútbol y participar en danzas aeróbicas.

10. ¡Diviértase!

La actividad física no debería ser una tarea. Le ayudará a sentirse y vivir mejor. Escoja actividades que disfrute y que se acomoden a su estilo de vida.


DG TipSheet No. 30
Abril 2013
Center for Nutrition Policy and Promotion
El USDA es un proveedor y empleador que ofrece igualdad de oportunidades para todos.
How Can I Keep Track of Physical Activity and Healthy Eating?

Taking care of your heart is one of the most important things you can do in life. Planning a healthy diet and a regular physical activity program is the key to success. Prepare yourself by…

- Being committed to change
- Setting specific and realistic goals
- Thinking about possible roadblocks
- Deciding how to deal with problems
- Not being discouraged by minor setbacks

**My physical activity goals**

Before you start a physical activity program, set two goals:

- What you are going to do each week
- What you want to accomplish in 12-weeks

Make these goals as realistic as you can. Remember, you can always adjust them.

**Sample Plan:** I plan to walk briskly for 30 to 60 minutes 5 or more times each week.

**Weekly Goal:** ______________________________________

**12-Week Goal:** ______________________________________

At the end of each 12-week period, set new goals.

**My healthy eating goals**

Talk about your diet with your doctor, nurse or dietitian. Together, fill in your goals in the blanks below.

- _______ Number of calories per day
- _______ Number of grams of saturated fat per day
- _______ Weight (weigh yourself once a week)

**Foods to avoid or reduce:** ___________________________

**Foods to include or increase:** _______________________

**Physical Activity Diary** — Once you’ve set your physical activity goals, use this sample chart to track your efforts.

<table>
<thead>
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<th>Type of Activity</th>
<th>Minutes/Distance</th>
<th>How I Felt</th>
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</table>

**Total Minutes/Distance:**
How Can I Keep Track of Physical Activity and Healthy Eating?

**Food Diary** — Once you’ve set your eating goals, use this sample chart to track your efforts.

<table>
<thead>
<tr>
<th>Week: __________________</th>
<th>Day: __________________</th>
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<table>
<thead>
<tr>
<th>Food or Beverage</th>
<th>Amount</th>
<th>Number of Calories</th>
<th>Grams of Saturated Fat</th>
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<tbody>
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<td>Lunch</td>
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<td>Snack</td>
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<td>Dinner</td>
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<tr>
<td>Snack</td>
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</tbody>
</table>

**Daily Totals:**

**HOW CAN I LEARN MORE?**

1. Call 1-800-AHA-USA1 (1-800-242-8721), or visit heart.org to learn more about heart disease and stroke.

2. Sign up to get Heart Insight, a free magazine for heart patients and their families, at heartinsight.org.

3. Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at heart.org/supportnetwork.

**Do you have questions for the doctor or nurse?**

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

- **How much weight should I lose?**
- **How fast should I lose weight?**

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit heart.org/answersbyheart to learn more.
How to Take Your Heart Rate

Taking your pulse during physical activity allows you to measure how hard you are exercising. You should exercise to stay within your target heart range.

You will need a clock or stopwatch that is digital or has a second-hand. You want to time 15 seconds, or one quarter of a minute.

- Use your index and middle fingers. Don’t use your thumb—it has a pulse of its own.
- Place these two fingers on your wrist, just below the base of the thumb.
- Count the number of beats (pulses) for 15 seconds.
- Take this number and multiply by 4 to find your heart rate in beats per minute. For example, if you count 25 beats, 25 x 4 = 100 beats per minute.
  - If you have difficulty with math, try doubling the number twice. 25 doubled is 50. 50 doubled is 100. So your heart rate in beats per minute is 100.

Increasing your heart rate is a key part of exercise, but it is important that your heart rate is not too high or too low. If you are a beginner, you should also be able to breathe comfortably while exercising. This will ensure that you are exercising at a level that is safe and effective for your body.
The chart illustrates target heart rate ranges for exercise based on the maximal heart rate for selected ages. For example, the target exercise heart rate range for a 45-year-old will be 88–149 beats per minute (moderate-to-vigorous activity range).

Here are the steps for using the chart:

- Measure your exercise heart rate in beats per minute (described above).
- Look at the chart.
  - Find your age. If your age falls between the ages listed, round up to the next older age listed.
  - Compare your heart rate to the target exercise range.
- If you are doing moderate exercise, your heart rate should be closer to the 50% range.
- If you are doing vigorous exercise, your heart rate should be closer to the 85% range.
- Try to stay in the 50–85% range when exercising by increasing or decreasing exercise intensity.

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>50% (BPM)</th>
<th>70% (BPM)</th>
<th>85% (BPM)</th>
<th>Maximum Heart Rate (BPM)</th>
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</thead>
<tbody>
<tr>
<td>20</td>
<td>100</td>
<td>140</td>
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<td>85</td>
<td>68</td>
<td>95</td>
<td>115</td>
<td>135</td>
</tr>
</tbody>
</table>

Some medications may keep your heart rate from going too high. If you are taking medicine for your heart or blood pressure, check with your health care team about how hard you should exercise.
High blood pressure, also known as hypertension, is when the force of blood flowing through your blood vessels is too high on a regular basis. According to the American Heart Association, almost half of American adults have high blood pressure, and many don’t know that they have it. High blood pressure increases your risk of heart disease and stroke. A healthy eating pattern can help control your blood pressure!

Source: https://www.heart.org/en/health-topics/high-blood-pressure

WHAT STEPS CAN I TAKE?

- **Eat more of:**
  - fruits
  - vegetables
  - whole grains
  - low-fat dairy products
  - skinless poultry and fish
  - nuts, seeds, and beans

- **Eat less of:**
  - processed foods
  - packaged ready-to-eat snacks
  - red meat
  - sweets
  - sugar-sweetened drinks

- **Limit salt:**
  - 2,300 mg of sodium per day
  - Use herbs and spices to season food like garlic or onion powder, paprika, cumin, etc.
  - Look for products with less than 140 mg of sodium per serving

**KNOW THE SALTY 6**

Common foods that may be loaded with excess sodium:
1. Breads & Rolls
2. Cold Cuts & Cured Meats
3. Pizza
4. Poultry
5. Soup
6. Sandwiches

Choose wisely, read nutrition labels & watch portion control.

**TAKE ACTION!**

Snack on fresh fruits, vegetables, and a handful of unsalted nuts instead of salty snack foods. Healthy snacks can be low in calories and good sources of vitamins and minerals.
Want to try a recipe low in sodium and packed with vegetables and whole grains?

Instead of buying store-bought pasta sauce that is loaded with hidden sodium, try making the sauce on your own using butternut squash! It makes for a flavorful, heart-healthy meal.

### Butternut Squash Linguine


**Ingredients**

- 1 medium butternut squash (about 2 pounds), split and seeded
- 2 tbsp olive oil
- Black pepper, to taste
- 12 oz whole wheat linguine
- 1 ½ c. reduced-sodium vegetable broth
- 8 sage leaves, cut into thin strips
- ¼ c. diced yellow onion
- ½ c. chopped red bell pepper
- 2 cloves garlic, minced
- 1 tbsp cider vinegar
- 1/8 tsp ground nutmeg

**Directions**

Heat oven to 400 F. Brush the squash with 1 tablespoon oil and season generously with pepper. Roast about 60 minutes or until soft. Remove from oven and let cool to room temperature.

Bring a large pot of water to a boil. Add the pasta and cook according to package instructions.

Place cooked butternut squash in large food processor or blender. Puree until smooth. Slowly add the broth and puree until the sauce reaches the desired consistency. You may need to add a little water, depending on the size of your squash.

In a small skillet, heat the remaining olive oil over medium-high heat until shimmering slightly. Add the sage and cook until bright green, about 30 seconds. Add the onion, red pepper and garlic. Sauté until soft, 3 to 5 minutes. Add the pureed butternut squash. Season with vinegar, nutmeg and more black pepper. Add the pasta and stir until pasta is well-coated.

### Nutrition Facts

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<th>Serves: 6</th>
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<td>Protein: 10 gm</td>
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<td>Sodium: 41 mg</td>
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<td>Potassium: 858 mg</td>
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<td>Phosphorus: 59 mg</td>
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Written by Kelli McKenna, Dietetic Intern, Yale-New Haven Hospital Nutrition Clinic
20 York Street- CBB 52, New Haven, CT 06510 (203) 688-2422
Monthly Health Challenge - Walking Challenge

Would you like to lose weight and improve your cardio? You can start with the Walking Challenge, a cardio exercise that helps lose excess weight and improve lung capacity. As you perform this walking challenge, you'll lose weight enabling you to walk longer with fewer breaks.

How to perform the Walking Challenge:
Begin walking 500 steps on the first day, and increase 500 steps gradually as the month progresses.

Challenge Tips:
- Use a pedometer, fitness tracker or step counting app on your phone to help track your steps
- You can do your steps in one session or break it up into four 5-minute walks, just count 500 steps per session and you did it!
- Begin on flat surfaces, and progress to a more inclined surface for a challenge.
- Carry small weights with you (or a water bottle or can of soup) for more of a challenge.

*For beginners, follow the Easy Track (E), but if you're looking for a more difficult track, follow the Challenging Track (C).

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Source: [http://blog.myfitnesspal.com/the-30-day-walking-challenge/](http://blog.myfitnesspal.com/the-30-day-walking-challenge/)
¿Le gustaría perder peso y mejorar su cardio? Usted puede comenzar con el desafío de caminar, un ejercicio de cardio que ayuda a perder el exceso de peso y mejorar la capacidad pulmonar. A medida que realice este desafío de caminar, perderá peso permitiéndole caminar más tiempo con menos descansos.

Cómo realizar el reto del mes:
Comience a caminar 500 pasos en el primer día, e incremente 500 pasos gradualmente como progresa el mes.

Consejos:
- Utilice un podómetro, un tracker de fitness o una aplicación de conteo de pasos en su teléfono para ayudarle a rastrear sus pasos
- Usted puede hacer sus pasos en una sesión o dividir en cuatro caminatas de 5 minutos, sólo cuenta 500 pasos por sesión y lo hizo!
- Comenzar en superficies planas, y moverse a tierras más inclinadas para un desafío.
- Lleve pequeños pesos con usted (o una botella de agua o lata de sopa) para más de un desafío.

Para principiantes, siga las instrucciones más fáciles (F). Para los ejecutantes avanzados, sigue las instrucciones difíciles (D).

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<td>31 (F) 10,000 (D) 10,500</td>
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</tbody>
</table>

Source: [http://blog.myfitnesspal.com/the-30-day-walking-challenge/](http://blog.myfitnesspal.com/the-30-day-walking-challenge/)