

Special Starter Kit \$39⁹⁵!



GetFit Adventures™ is a revolutionary online fitness program that is both entertaining and motivating. Each GetFit Adventure™ takes you on a virtual tour of a popular destination – with fascinating milepost stops along the way.

Personalized

After you register, you'll be welcomed by name every time you log in. Then you'll choose an adventure and begin exploring.

To get to a new adventure milepost, you'll engage in physical activity – such as walking, swimming, biking, playing basketball, or gardening – equal to the distance from one milepost to the next. As you log your exercise online (as steps, miles, or minutes of aerobic activity), GetFit Adventures™ will automatically track your progress. When you reach a new milepost, you'll be treated to fantastic photos, great travel trivia, and links to explore.

Motivational

GetFit Adventures™ is designed to help you become more active. For some people, the reward of reaching the next milepost is all they need to stay active. Other people have found it effective to:

- ✓ Wear a pedometer for immediate feedback on distances traveled.
- ✓ Set a daily activity goal.
- ✓ Log activity daily.
- ✓ Invite an exercise buddy to participate.

\$19⁹⁵ unlimited access per year*

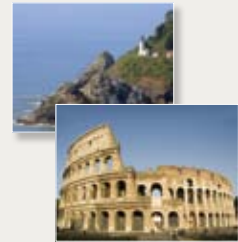
Achievable

People at any level of fitness can participate in GetFit Adventures™. The adventures fall into one of three fitness levels:

- **Rookie** – who walks 20-30 minutes 3-5 days a week.
- **Seasoned Traveler** – who exercises regularly, but logs less than 20 miles a week.
- ◆ **Expert** – who regularly logs 20 or more miles a week.



1. Choose an Adventure and set your daily activity goal.



2. Record your daily activity on the Log My Miles page.



3. When you reach each milepost, you'll find photographs, fun trivia, and information on the area.



Features:

Counting Steps

- Wearing a pedometer is an excellent way to monitor your daily walking.
- Buy a reliable pedometer that is accurate.
- Wear for 21 days before beginning your exercise program to see how many steps you normally take without a walking program.
- Then set a goal of at least 2,000 additional steps daily (in extra miles per day).
- When the becomes easy for you, add an additional 2,000 steps.
- Walking at least 4,000 steps above your normal level will give you about 2 miles of aerobic exercise a day. This is a baseline fitness goal.
- To be highly fit, aim for 10,000 steps.
- Increase your steps one at a time.

Biking Tips

There are many reasons to start bicycling. It's fun, it's better for the environment. You get to see beautiful scenery. It's more economical than driving a car. And it can help you get and stay fit.

Drink Plenty of Water

Drinking enough water is...

Walking

Walking is the exercise for most people. It's easy to do, and it provides a great workout. However, if you have any health problems, it's best to consult with your doctor before starting.

Get your bike ready:

- Make sure your bike has a comfortable seat, appropriate for a man or woman.
- Make sure your bike is properly inflated so your bike will roll along more smoothly and you'll have less chance for flats.
- Have a responsible professional repair shop fix your bicycle to you. Riding a bike that has not been fit to you is like taking in shoes that are too small or too large, painful and not fun.
- If you don't like handling gear for strap-down handle bars, get a rear rack. [Rear racks are available](#) when you get into touring.

What to bring on your ride:

- Drink plenty of water while riding, especially in warm or hot weather. If you're riding a long distance, fill your water bottle with an electrolyte sports drink. Staying hydrated keeps your muscles working at top efficiency.
- Bring an snack - such as a banana, granola bar, or whole-grain cereal bar - if you're cycling a long distance.
- Carry a charged cell phone in your bike bag for emergencies.
- Have a friend to go with you, if making a long ride, and you are more likely to keep going.

Where to go:

- When you first start cycling, aim for short rides - 5-10 miles. At an easy pace of 10-12 mph, you can cover 5 miles in about 20 minutes. With just a half hour ride 5 days a week, you'll easily cover 100 miles in a month.
- After a few weeks of riding, try a longer ride 45-60 minutes, at the same pace. If it doesn't happen when riding, you may need to work on your technique. You'll know what you mean to do.
- Use clear trail markers when riding, or along no cars and other bikers will know what you mean to do.
- Find friends to ride with. An extra pair of eyes will catch an obvious problem, such as a bike problem, pothole, road with a good shoulder, steep or narrow turn, quiet roads in heavily wooded areas. They'll get the most roads and heavy traffic areas for safety. Get a bike map from your city's planning department to find the best places to ride.
- For safety reasons, it's best not to ride after dark. But if you do, be sure to have functioning lights and reflectors on your bike or clothing so drivers can see you.

Aerobic Miles Chart

Activity	Minutes to equal one Aerobic Mile
Aerobic dancing	30
Backpacking	15
Basketball	20
Bicycling (10, 12 and 15 mph)	18
Calisthenics	20
Canoeing or rowing	20
H.A. and B.K.E.T.S.	20
Dancing, social	30
Football, touch	20
Gardening, active	60
Golfing, carrying bag	30
Hiking, cross-country	20
Jogging or running	12
Karate, Tae kwon do	15
Mountain climbing	15
Recumbent	20
Rope skipping	11
SCUBA diving	20
Skating	20
Skiing, cross country	17
Skiing, down hill	20
Soccer	15
Star hopping	15
Stationary cycling	16
Swimming	24
Table tennis	60
Tennis	20
Volleyball	20
Walking	24
Water skiing	20
Weight training	30

Everyone can get fit!

If you choose an adventure that matches your fitness level, you can complete most adventures within two or three months. But anyone of any fitness level can complete any GetFit Adventure™!

Rewards

When you finish an adventure, you can download a certificate of completion. An annual mileage award is also available if you want a really big challenge, such as logging 500 or 1,000 miles.

GetFit Starter Kit!

1. One-year subscription
2. Pedometer (Omron 150)
3. *Step Into Fitness & Health*, 70-page book

\$49⁹⁵ value for only \$39⁹⁵

A la carte pricing

- **GetFit Adventures™ annual subscription \$19⁹⁵**
- **Pedometer**
Omron® model 151: **\$20 each**
Omron® model 150: **\$15 each**
Omron® model 105: **\$12 each**
- **Step Into Fitness & Health \$14⁹⁵**
by Don Hall, DrPH, CHES

GetFit Adventures™ – the virtual trip of a lifetime!
<https://getfitadventures.com>

GetFit Adventures™
by Wellsource®

* For large groups, contact your local fitness coordinator.

Scientific Foundation

Wellsource® products are developed by a team of health promotion specialists including doctors, health educators, mental health professionals, and nutritionists.

Recommendations for risk reduction and health enhancement are drawn from peer-reviewed research and the established, evidence-based guidelines of the National Institutes of Health, other government agencies, and leading health organizations.

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