

INTRODUCTION

This is your health, these are your choices.

When it comes to physical activity and healthy eating, you're a key player in your own health – it's the little things that are going to help you keep your stick on the ice.

Use this booklet to get set up and track your progress during the two POWERPLAY challenges.

Take care of your body and it will take care of you

PLAY BY PLAY

STEP UP ≺ CHALLENGE

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POWER PLAYOFF WRAP UP

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	NAME:		PLAYER PROFILE
2	Team:	Age:	
	Height:	Weight:	
	Waist:	BP:	
	Glucose:	Cholesterol:	

]

THE WARM-UP

Physical activity and healthy eating are two of the best strategies to reduce your chances of getting things like diabetes, high blood pressure, heart disease and some cancers.

What drives you to stay active & eat well? Mark all 📝 that apply...

Be stronger	Sleep better
U Work harder	Stay healthy
Live longer	Prevent disease
🔲 Keep up with t	he kids
□	
□	
□	
A Sheet Do	A REIL
And the	

STEP UP! CHALLENGE

RRITORIES

Pre-game Pep-talk

Your team has 6 weeks to add up enough steps to complete the Great Northern Circle Route. The first team to complete the route wins!

- Wear your pedometer (step counter) throughout the day
- Record your steps in the PLAYBOOK at the end of each day

Hand in your weekly log to your team captain





Add **BONUS** steps to your daily total

Use the diagrams below to determine how many **BONUS** steps you get for doing extra activities other than walking.



30 mins Yard/house work 2,000 steps



30 mins Workout 3,500 steps



30 mins Playing sports 4,000 steps

4



30 mins Cycling 5,000 steps



30 mins Jogging 6,000 steps

Is your activity not listed above?



10 minutes of moderate intensity activity (e.g., brisk walking) = 1,000 bonus steps

10 minutes of vigorous intensity activity (e.g., running) = 2,000 bonus steps

GOAL SETTING

	MY GOAL - HOW MANY STEPS
WEEK 1	steps/day
WEEK 2	steps/day
WEEK 3	steps/day
WEEK 4	steps/day
WEEK 5	steps/day
WEEK 6	steps/day

Research shows benefits of 10,000 steps/day!

MEN WHO CLIMB 50 STAIRS J OR WALK 5 CITY BLOCKS A DAY MAY LOWER RISK OF HEART ATTACK BY 25% I M

A MAN OF HIS WORD

Let's make it official!

This is a contract to yourself. Tear it out and place it somewhere that you will see it every day, such as your truck dashboard or on your fridge.

commit to taking action and meeting may goals I have set for myself to the best of my ability. Signed: Date: Witness: Date: 6

STARTING TIPS

Use a clip or strong safety pin to **secure the pedometer** on your right hip above your knee.

For the first few days, don't change anything – Get an idea of how many **steps you already DO** in a day.

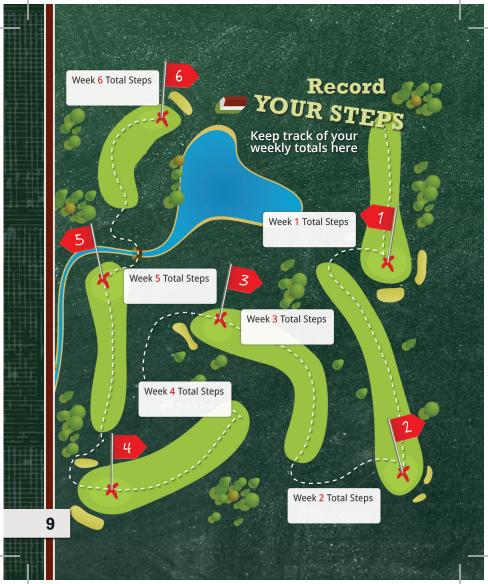
Steps are added up throughout the day - think of **simple ways** to get extra steps here and there.

Slow and steady - Aim to increase your daily steps by **gradually** throughout the challenge.

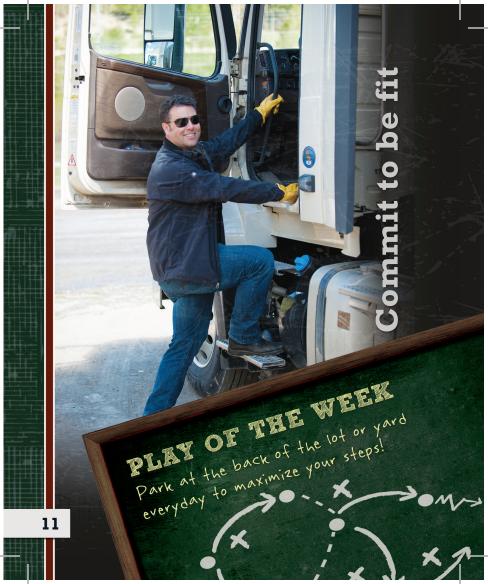


The amount of steps you get each day may vary greatly. Think about **what worked** or what didn't work on each day.

		Alexandre verifier	
	STEP UP! SAMPLE SCORE SHEET		
	DATE	STEPS	
	MONDAY	3,291	
	TUESDAY	5,710	
	WEDNESDAY	4,130	
A MARKEN	THURSDAY	5,211	
	FRIDAY	2,366	
	SATURDAY	7,125	
	SUNDAY	4,454	
	TOTAL	32,287	
	Make a note of something that worked well this week: Walked the dog after Work Washed the truck		
	and the second		



STEP UP! Week #1 Score	
DATE	STEPS
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	
TOTAL	



STEP	UP!
Week #2	Score

DATE

1	a	n	10	9	-

Team: _

STEPS

12

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

TOTAL

Play of the week

Get 7 to 8 hours of sleep each night this week

Tips for getting a good night's sleep:

Avoid glowing gadgets because they keep your brain awake – turn off your TV, cell phone, or tablet, 1.5 hours before bed.



Have dinner earlier and avoid fatty foods within two 2 Have dinner earlier and avoid lates hours of bedtime to reduce indigestion and heartburn.



Create a relaxing bedtime routine to unwind and ensure your bed is comfortable and your room is cool.

STEP	UP!
Week #3	Score

DATE

1	a	n	10	9	-

Team: _

STEPS

14

TOTAL





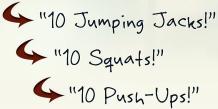
STEP UP! Week #4 Score	Name: Team:
DATE	STEPS
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	
TOTAL	





PLAY OF THE WEEK

Coach says:

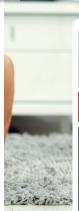




GET UP AND MOVE DURING COMMERCIAL BREAKS







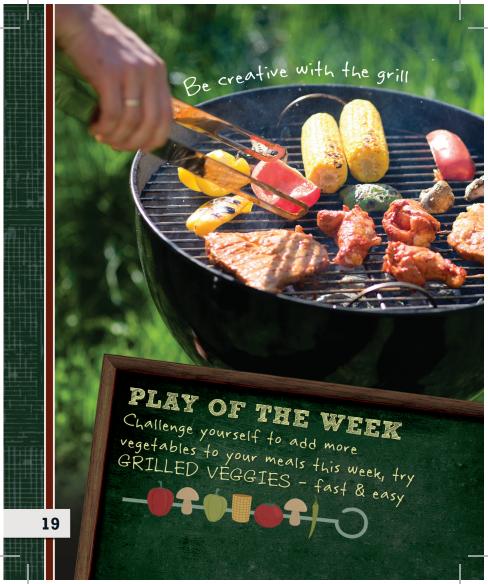


Name:	_
Team:	

STEPS

DATE MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY **SUNDAY**

TOTAL





STEP	UP!
Week #6	Score

DATE

lame:	-

Ν

Team: _

STEPS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

TOTAL

Make a note of something that worked well this week:



STEP UP CHALLENGE: COACHES CORNER

- **Q.** What **changes** did you make during the challenge?
- **Q.** How will you **stay active** now that the challenge has ended?
- **Q.** Think about something that might **get in the way** of staying active.

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Harder

Q. What could you do to avoid or overcome this challenge?

IER STEP

VICTORY LAP

Reward yourself for accomplishing your goals.



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POWER PLAYOFF CHALLENGE

Game plan

The world record for the longest hockey game is 248 hours (set in 2014). Your team is going to compete to accumulate minutes of ice time (physical activity) while trying to score as many healthy eating goals as possible!

ICE TIME

Ice time is added up when you do activities that make you breathe heavier and sweat (e.g., going for a brisk 10 minute walk). Every minute of activity that you do during the day counts towards your ice time. Aim for 150 minutes of activity each week in shifts of 10 minutes or more.

GOALS

Goals are scored when healthy eating choices are made. Each healthy eating item listed is worth 1 goal. **See how many goals you can score each day.**



Record your ice time and goals scored on the sheets provided and return to your team captain at the end of each week. The team(s) that accumulate the most minutes of ice time and score the most goals at the end of the 6 weeks will win!

Some ideas to get more ice time

- · Walk during a break
- · Hit the gym
- · Go canoeing
- Play in a recreational sport league

· Go for a run or brisk walk

- Take the kids/dog to the park
- Try snowshoeing or cross country skiing

Worth 1 goal each - "Today I had..."

- · 5 vegetables or fruits
- · 4 whole grain products
- · 2 low fat milk products
- 3 servings of lean meat (chicken) or alternatives (beans)
- · A soft drink free day
- · An alcohol free day
- · A red meat free day
- · An unhealthy snack free day
- · A fast food free day



TOP 5 TIPS FOR GETTING STARTED



Think about what you're **already doing** and start from there.



Plan ahead and decide when and how you are going to fit healthy choices into your day.



Take it **one step at a time** or, if you will, one vegetable at a time.



Mix it up – try different goals or activities and find a balance that works for you.



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The more you do something the easier it gets – soon it will become **a daily habit**.

NAME YOUR NAME	SAMPLE 1	TOTAL GOALS
TIBAIMI TEAM NAME	З _н 20 _м	21
DATE	ICE TIME	GOALS
MONDAY	45 mins	3
TUESDAY	20 mins	5
WEDNESDAY	25 mins	3
THURSDAY	40 mins	2
FRIDAY	10 mins	3
SATURDAY	0 mins	1
SUNDAY	60 mins	ц

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Packed lunch the night before

Shovelled the driveway



NAME	PLAYOFF TOTALS WEEK 1	TOTAL GOALS
TEAM	H M TOTAL ICE TIME	
DATE	ICE TIME	GOALS
MONDAY		
TUESDAY		
WEDNESDA	IY	
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		



PLAY OF THE WEEK Try a new activity or hike this week that you've never done before.

Whether it's a 14 min mile or a 7 minute mile, it's still a mile.



NAME	PLAYOFF 2	TOTAL GOALS
TEAM	H M TOTAL ICE TIME	
DATE	ICE TIME	GOALS
MONDAY		
TUESDAY		
WEDNESDA	Y	
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

PLAY OF THE WEEK - Stairs only this week -NO ELEVATORS

There are no shortcuts to any place worth going







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Use a shovel to clear the driveway instead of your snow blower to get in some extra "icetime".



NAME	PLAYOFF TOTALS WEEK 4	TOTAL GOALS
TEAM	H M	
	TOTAL ICE TIME	1
DATE	ICE TIME	GOALS
MONDAY		
TUESDAY		
WEDNESDA	Y	
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		



PLAY OF THE WEEK

Invite the guys over for a playoff party and try some of these healthy (and delicious) snack alternatives.

- · Veggies and dip
- · Multigrain chips & artichoke dip
- · Turkey burgers
- · Air-popped popcorn

- Wholegrain pita & hummus
- · Unsalted mixed nuts
- · Fresh fruit



NAME	PLAYOFF 5	TOTAL GOALS
TEAM	H M TOTAL ICE TIME	
DATE	ICETIME	GOALS
MONDAY		
TUESDAY		
WEDNESD	АУ	
THURSDAY	· · ·	
FRIDAY		
SATURDAY		
SUNDAY		

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		11 2
NAME	PLAYOFF 6	TOTAL GOALS
TEAM	H M	
	TOTAL ICE TIME	
DATE	ICE TIME	GOALS
MONDAY		1
TUESDAY		
WEDNESDA	Y	
THURSDAY		4
FRIDAY		<i>u</i> =
SATURDAY		
SUNDAY		1

POWER PLAYOFF CHALLENGE: COACHES CORNER

- Q. What changes did you make during the challenge?
- **Q.** How will you continue to **eat healthy** and **stay active** now that the challenge has ended?
- **Q.** Think about something that might **get in the way** of staying active and eating healthy.
- **Q.** What could you do to **avoid or overcome** this challenge?

VICTORY LAP

Reward yourself for accomplishing your goals. **You deserve it!**

Go play a sport with the guys (celebrate as a team!)

Buy some new exercise equipment

Take time for yourself

Fire up the BBQ and have some buddies over

~

Take your family with you on your favorite hike

Subscribe to a health magazine or download an app that tracks your healthy eating and active living!

Whenever you accomplish a goal, you can set a new one in its place. Remember that your reward does not need to set back your progress! This research is funded by the Canadian Cancer Society (grant #701259-00)













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