WELL-BEING INITIATIVE 2012/2013
SHIP MOVE
A FOUR-WEEK RESEARCH PROGRAM
Feb 11 to March 8 OR March 25 to April 19

Purpose: To evaluate the association between four weeks of physical activity (pedometer use) and changes in body weight, lipid levels, glucose levels & blood pressure (BP) among faculty and staff at Shippensburg University.

You qualify if you are:
- Age: 40-65yrs
- Do not have any serious medical illness
- Not taking any long-term medications
- Committed to be physically active

Before the walking program begins:
- Your age, gender, height, weight and BP will be recorded
- A finger stick will be used to measure glucose (blood sugar) & lipid levels (cholesterol)
- You will be asked to complete a questionnaire

These screenings will be done on the following dates by appointment in the Exercise Science Dept:
- Screening for the Feb 11 to Mar 8 (Phase I) session will be on Feb 5 and 7
- Screening for the Mar 25 to Apr 19 (Phase II) session will be on Mar 5 and 7

The walking program will consist of:
- Pedometers to all participants to measure and record activity
- Step-goal of 10,000 steps/day for 4 weeks (with increments of 1000 steps/wk or 200 steps/day)
- Home BP monitoring by half of the participants.

What happens after the four weeks of walking?
- Your weight and BP will be recorded
- A finger stick will be used to measure glucose (blood sugar) & lipid levels (cholesterol)
- You will be asked to complete a questionnaire

Questions about the program should be directed to:
Dr Praveen Veerabhadrappa, Dept. of Exercise Science

This program qualifies for 25 Healthy U points!

Registration is required:
If you think you qualify, please complete the registration from below and send to Maryrose Wilson at mwilson@ship.edu, by fax to ext. 4037 or by hard copy to Old Main 109. Dr. Veerabhadrappa will contact you to set up a time for the screenings.

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[ ] Phase I - Feb 11 to Mar 8  [ ] Phase II - Mar 25 to Apr 19