

## Eat Smart-Walk Happy! It's as easy as 1-2-3!

1. Eat a variety of foods from all 5 food groups – be adventurous. Go to: [www.choosemyplate.gov](http://www.choosemyplate.gov)
2. A well-balanced diet satisfies your hunger – eat in moderation.
3. Choose wholesome food with little or no processing – try raw vegetables and fruits and wholegrain breads.

### NUTRITIONAL TIPS:

- Get balance and variety by aiming for 5 servings of vegetables/fruit **EVERY DAY**.
- Drink 2 litres of fluids daily. Drink 8oz of water 20 mins before exercising. Sip every 15 mins during activity. Water is best, but on long weekend walks dilute a sports drink, such as 'Propel', to get some carbohydrates.
- Carbohydrates are our prime source of energy, but do not overdo them. Good sources include: wholegrain breads, cereals, pasta, rice, root vegetables, potatoes, beans, fruits, rice, root vegetables, potatoes, beans, fruits. Sip water during the day and do not get fooled by drinking sports drinks, as they contain a lot of sugar.
- For more information on good food choices, go to: [www.choosemyplate.gov](http://www.choosemyplate.gov)

### HAPPY FEET GUIDE

Bermuda Podiatry Association

**Walking shoes:** Buy them in advance and have your feet measured while standing. There should be a finger's width from the end of your longest toe to the end of your shoes. Always buy for your bigger foot.

**Socks:** Synthetic socks are best and often have dual layers to reduce friction. They wick away moisture, preventing blisters.

**Nails:** Cut them regularly, following the line of the toe, not down the sides.

**General care:** Moisturise feet daily. Powder can be used to help keep feet dry. If feet feel very moist during long walks, change into fresh socks.

**Foot problems:** See a podiatrist for advice on preventative measures or if any problems develop.

**Getting ready for the event is easy if you start your training today!** Use our 12-Week Training Programme as a guide to your training, or modify it to suit your own needs. You'll benefit in two ways – improved fitness and an outstanding Catlin End-to-End experience.

### TRAINING TIPS:

- Find an exercise buddy to walk with and train.
- If you miss a day, don't worry. Keep going and stick to the schedule as best you can.
- Keep your walking shoes with you at work in case you get time at lunch or can consider walking home from work.
- Listen to your body. If you are feeling low on energy, don't push to finish that workout. A rest will do you good.
- Get outside to walk but use reflective vests and lights to stay safe in the dark. Natural light makes us feel more energetic, so get outdoors instead of opting for the treadmill when possible.
- Warm up with a slow walk and then pick up your pace so you can still talk, but are a little out of breath. Always stretch your legs after your walks. See [www.bermudaendtoend.bm](http://www.bermudaendtoend.bm) for details. Consult a physiotherapist for any injuries you might develop.
- Walk tall with freely swinging arms. A smooth roll from heel to toe makes for better walking.
- Cross training (XT) should include any aerobic activity such as swimming, rowing, cycling and aerobics classes. Start with 25-30 minutes in March and work up to 40-45 minutes by late April.

**Get Ready, Get Fit is created in partnership with:**

**Bermuda Dietitians Association**  
**Bermuda Podiatry Association**  
**Bermuda Physiotherapy Association**

## To the Occupier

**KEEP BERMUDA BEAUTIFUL.  
TAKE YOUR LITTER HOME OR TO A BIN.**



The Catlin End-to-End event is organised by the Bermuda End-to-End Charity No. 558

[bermudaendtoend.bm](http://bermudaendtoend.bm)



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12-Week Training Programme for the 5 May, 2012 Catlin End-to-End Event!

# Get Ready Get Fit

2012 Catlin End-to-End Charity Recipients:

Age Concern • The Adult Education Centre • Big Brothers Big Sisters  
Open Airways • The Family Centre • St. John Ambulance • YouthNet





# Get Ready, Get Fit

## 12-Week Walking/Training Programme

CATLIN

Choose your distance goal for 2012 and follow the guide below. Start slowly and build up your time. See you smiling on 5 May!

CELLONE®

\* the Middle-to-End walkers follow the schedule below, paying attention to the time/distance in brackets. If there is no bracket, follow the same time as the End-to-End walkers.

### Start times for Walk Event Distances:

**14.7 miles** (10:00 am start Albuoy's Point, Hamilton) **24.1 miles** (8:00 am start King's Square, St. George's)

Cross training is a form of aerobic activity other than walking, eg. swim/row/cycle/strength train. Stretch could include a yoga class. Further training schedules are available at: [www.bermudaend-toend.bm](http://www.bermudaend-toend.bm).

Every day you should eat fruits, vegetables, whole grains, good fats and healthy sources of protein. Variety is key for meeting your nutritional needs while tempting your taste buds. Go to: [www.choosemy-plate.gov](http://www.choosemy-plate.gov) for more tips on a balanced diet.

The Walking Club of Bermuda meets every Sunday at 7:00 am, rain or shine! For further information visit: [www.walk.free.bm](http://www.walk.free.bm)

## February

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WK 1	19 45 min	20 Rest	21 30 min	22 Cross train	23 45 min	24 Rest	25 1 hr (45 min)
WK 2	26 1 hr	27 Rest	28 Cross train	29 1 hr			

## March

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WK 3	DON'T FORGET TO USE SUNSCREEN & LIPBALM, AND WEAR A HAT FOR SUN PROTECTION.				1 Stretch	2 Rest	3 1 1/2 hrs (1 hr)
WK 4	4 1 hr	5 Rest	6 Cross train	7 1 hr	8 Stretch	9 Rest	10 2 hrs (1 1/2 hrs)
WK 5	11 Rest	12 1 hr	13 Cross train	14 1 1/4 hrs	15 Stretch	16 Rest	17 2 1/2 hrs (1 1/2 hrs)
WK 6	18 Rest	19 1 1/4 hrs	20 Cross train	21 1 1/4 hrs	22 Rest	23 Stretch	24 3 hrs (2 hrs)
WK 7	25 Rest	26 1 hr	27 Cross train	28 1 1/4 hrs	29 Stretch	30 Rest	31 3 1/2 hrs (2 1/2 hrs)

## April

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WK 8	1 1 1/4 hrs	2 Rest	3 Cross train	4 Stretch	5 Stretch	6 Good Friday	7 4 hrs (3 hrs)
WK 9	8 Easter	9 1 1/4 hrs	10 Cross train	11 1 hr	12 Stretch	13 Rest	14 4 1/2 hrs (3 1/2 hrs)
WK 10	15 Rest	16 1 hr	17 Cross train	18 1 hr	19 Stretch	20 Rest	21 3 1/2 hrs (2 hrs)
WK 11	22 Rest	23 1 hr	24 Cross train	25 45 min	26 Stretch	27 Rest	28 2 1/2 hrs (1 1/2 hrs)
WK 12	29 Rest	30 1 1/4 hrs		GETTING BORED? TRY HILLS OR A NEW ROUTE.			

## May

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 30 min	2 Stretch	3 Rest	4 Rest	5 CATLIN-ETE Have fun!

Additional activities recommended by the Bermuda Physiotherapy Association are as follows:

**12 February P.A.L.S. Sponsored Walk** (contact: [pals@northrock.bm](mailto:pals@northrock.bm); 236-7257)

**19 February Get Ready Get Fit practice walk**, Town Square, St Georges, at 2:00 p.m.  
Free entry to Fort St. Catherine for participants!

**26 February Argus Walks the Walk with the Centre on Philanthropy** (contact: [jpitcher@centreonphilanthropy.org](mailto:jpitcher@centreonphilanthropy.org); 236-7706)

**4 March Lindo's to Lindo's**

**17 March Zoom Around the Sound**

**26 March Walk and Roll 2km, 5km or 10km** Southside/Cooper's Island

**1 April Bermuda National Trust Palm Sunday Walk:** (contact: [davido@bnt.bm](mailto:davido@bnt.bm); 236-6483 x224)

### REGISTRATION INFORMATION

Register from 1 March for this year's Catlin End-to-End at: [www.bermudaendtoend.bm](http://www.bermudaendtoend.bm)  
On-site registration commences Monday, 30 April through Friday, 4 May at Washington Mall, Phase 3, Lower level, 18 Church Street, from 8 am – 5 pm. Extended hours to 7 pm on Wednesday, 2 May.



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