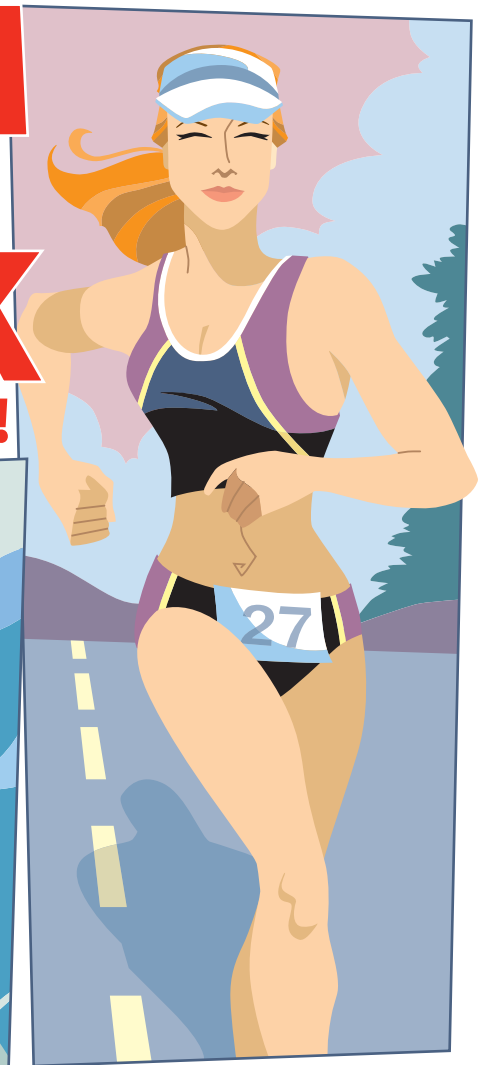


## SWIM / RUN / WALK FOR YOUR LIFE! PHYSICIAN REFERRAL GUIDELINES

Please Present A Physician's Clearance If Any Of The Following Conditions Exist:

1. Apparently Healthy Individuals Age 55 Or Older
2. Diabetes (Type I And II)
3. Pregnancy
4. Cardiovascular Disease
5. Renal Disease (Kidney)
6. Abnormal EKG
7. Polio / Muscular Dystrophy
8. Epilepsy
9. Liver Disease
10. High Blood Pressure (Greater Than 140 / 90)
11. Taking Medications For The Following:
  - A. Cardiac
  - B. Blood Pressure
  - C. Thyroid
  - D. Emotional Anxiety
  - E. Cholesterol
  - F. Diabetes
12. Any Serious Illness
13. Any Musculoskeletal Problems That Cause Limitations
14. Cardiovascular Symptoms To Include The Following:
  - A. Pain / Discomfort In Chest
  - B. Heart Problems
  - C. Shortness Of Breath
  - D. Pain In Legs
  - E. Dizziness Or Faintness
15. Arthritis

# SWIM RUN WALK FOR YOUR LIFE!



**A Cardio Fitness Incentive Program  
coordinated by Fort Belvoir MWR  
Sports and Aquatics.**

**Information and Inquiries:**

- ~ Sports: (703) 806-5368 / 3100
- ~ Aquatics: (703) 805-2620
- ~ [www.belvoirmwr.com](http://www.belvoirmwr.com)



## SWIM FOR YOUR LIFE!

### PROGRAM GUIDELINES

Benyaurd Indoor Pool is approximately 25 yards in length. A lap consists of two pool lengths, totaling a total of 50 yards. One mile is approximately 1760 yards or 35 laps and one length.

Warm-up for 5-10 minutes and work out at a low to moderate pace. The warm-up will prepare your body for the aerobic workout by: increasing your heart rate, respiration, blood flow to your muscles.

During the workout, work within your own personal fitness level and established medical guidelines. Maintain a level of exertion that allows you to maintain proper breathing techniques.

After the workout, cool down for 5-10 minutes at a low to moderate pace. Decrease your pace by using slow and fluid movements. The cool-down will return your heart rate back to normal.

Stretching is very important for maintaining flexibility and injury-free status or of managing a current injury. Stretch at the end of your exercise session and do not bounce while stretching. Maintain stretch for at least 30 seconds.

Know your personal swimming limits and stay within them. Don't try to keep up with someone with stronger swimming skills or encourage others to keep up with you.

Drink plenty of water before, during, and after swimming.

Use of kickboards, pull-buoys, fins, and resistance paddles can add variety and intensity to your workout. Only use if proper methods are followed.

Fitness improvements in swimming are best measured by comparing changes in distances and time intervals.

When there is only one or two swimmers in a lane (including yourself) it is customary to swim on side of the lane. When the numbers of swimmers exceed two it is customary to swim in a circle swimming method, where you swim in a counter-clockwise direction.

If you experience any pain while swimming, stop immediately and consult your physician.

Know the signs of overexertion: labored breathing, dizziness, loss of coordination, tightness or pain in your chest, nausea or vomiting, and irregularities in heart rates. If you experience any of these symptoms while swimming, stop immediately and consult your physician before continuing on with your program.

## RUN / WALK FOR YOUR LIFE!

### PROGRAM GUIDELINES

This is a self directed program in which the patron utilizes the "Honor System"

Patrons should fill out a Cardio Incentive Card.

Cards are to be kept in box at the Issue Desk.

Remember to document your walk / run time.

Patrons may run outdoors or use the indoor Treadmill, Life Cycle, Stairmaster or Life Fitness Cross Trainer.

Patrons should add their totals for each month at the end of the month.

Awards will be given after patrons have reached the amount of miles needed to obtain prize.

## INCENTIVE AWARDS

Each participant will receive incentive awards based on achieving specific mileage goals as follows:

### SWIM FOR YOUR LIFE!

- ~ 25 Miles: Water Bottle and Certificate
- ~ 50 Miles: T-shirt and Certificate
- ~ 100 Miles: Baseball Cap and Certificate
- ~ 250 Miles: Tote Bag and Certificate

### RUN / WALK FOR YOUR LIFE!

- ~ 100 Miles: T-shirt
- ~ 250 Miles: T-shirt and Water Bottle
- ~ 500 Miles: Athletic Bag

When a milestone has been reached bring your mileage log to the appropriate Program Manager in order to receive incentive awards.

## HOURS OF OPERATION

### BENYAURD INDOOR POOL

- (703) 805-2620
- ~ Monday - Friday:  
6 a.m. - 1 p.m. / 3:30 - 8:30 p.m.
  - ~ Saturday & Sunday:  
12 p.m. - 5 p.m.

### GRAVES FITNESS CENTER

- (703) 806-5368
- ~ Monday - Friday: 5:30 a.m. - 9 p.m.
  - ~ Saturday & Sunday: 9 a.m. - 5 p.m.

### BODY SHOP

- (703) 806-3100
- ~ Monday - Friday: 5:30 a.m. - 8 p.m.
  - ~ Saturday & Sunday: 9 a.m. - 5 p.m.

