



WEEK 9

Couch to 5K Tip Sheet

Congratulations- you have progressed to the final month of this challenge! There are times when we diligently follow an exercise program but do not feel like we are making any progress. Is this happening to you?



What Is Progress?

Everyone will gauge progress differently. Some might think they are moving forward if they complete a mile quicker.

Others might determine success based on an improvement of overall mood.

And there are others that feel weight loss is a good indicator of progression.



Weight Loss

Most of us expect a reduction in weight when starting a new jogging program.

Unfortunately, we expect the weight to drop immediately. This will happen, but only with time and consistency. It takes a while to fully condition the body to jogging before the majority of weight loss will occur.



Other Changes

If you are not quickly losing weight or feel that you are not getting any faster, you should consider other improvements that are occurring.

- The creation of new capillaries help to provide more oxygen and remove waste.
- Pounding the pavement stimulates bone growth.
- Your body produces more enzymes that use fat for fuel.

Remember to return all three months of tracking sheets to wellness@weber.edu or MC 3501 by April 19, 2019.