

Hello participants!

I welcome you on taking part in this exciting challenge for a wonderful cause. Taking the initiative to sign up has shown your support to the Wish Upon the North Star charity. Now, the next step is preparing for your desired leg of the relay to support your own health and well being.

Before participating in your leg of the relay, preparation is a necessity to understand what is in store for you. As with any fitness regimen, before you begin, it is highly advisable to seek medical consultation with your physician. This is an important part to injury prevention and to making sure that you won't have any issues particularly if you are on medications.

Starting an exercise program can sound like a daunting task, but just remember that your main goal is to boost your health by meeting basic physical activity recommendations. Here are some simple guidelines to help prepare you.

- Do moderately intense cardio 40 minutes a day, five days a week
- Or*
- Do vigorously intense cardio 30 minutes a day, 3 days a week
- And*
- Do eight to ten strength-training exercises, eight to twelve repetitions of each exercise, twice a week.

Injury prevention is a key factor for your training. Steps that can be taken are as simple as doing a proper warm up and cool down and staying hydrated throughout your activity. Listening to your body is crucial to your training. Remember: train- don't strain. Pushing through, and aggravating an injury, will cost you valuable time from your conditioning. Instead, take a few days to rest.

Knowledge of your relay leg will help you train, not only smarter, but specifically for any obstacles that you will encounter such as elevation changes and varying terrain. For example, if your relay leg has constant changes in elevation, training on a flat surface for your preparation would be ineffective. Training realistically for your relay leg will lead to a greater success for your relay team.

Partaking in such a challenging, yet fun relay to support the Wish Upon the North Star charity is an honor and a wonderful privilege that we can all share and accomplish together. Let's get training!

Sincerely,

Cassandra Chwialkowski
B.S. Exercise Science
ACE Certified Personal Trainer