

Balance Book

**YOUR GUIDE
TO EATING
SMARTER
AND BEING
PHYSICALLY
ACTIVE.**

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Vital. Valuable. Every day.™



stepup.excellusbcbs.com

THANKS FOR CHOOSING TO STEP UP.

Leading a healthy lifestyle is good for everyone. Your family, your employer, your community, and of course, you. Step Up makes it possible.

It's a program that fits your life (not the other way around) by giving you credit for the choices and activities that surround you every day. It's a simple, achievable, fun way to feel more vital and be more valuable to those around you.

Start by filling out your personal profile at stepup.excellusbcbs.com. We'll provide you with a customized webpage containing relevant information for your fitness level, needs and personal goals.

Welcome to *step***UP**

Using Your Balance Book

This book will help you set achievable weekly goals, stay healthy and lose weight safely.

Counting Steps

To track your physical activity, we suggest using a pedometer. These are available through many sporting goods and other retail stores. Your starting goal should be a minimum of 10,000 steps a day – which is equal to 30 minutes of physical activity.

If you are performing an activity which can't be measured easily with a pedometer, ex. gardening, there is an activity conversion chart on the following page.

Counting Servings

It's also important to monitor your intake of fruit and vegetables. Your starting goal should be a minimum of 5 total servings a day. On the following page, you'll find a guide to help you calculate servings.

Tracking Goals

The back of the Balance Book contains your logbook pages. Here you'll enter your weight once a week as well as your daily steps and servings.

If you have a personalized Step Up webpage, or are participating in the Step Up Healthy Competition, you'll be able to track your weekly progress online too.

CONVERSION CHARTS

Physical Activity Conversions

Use this handy chart to figure out how many steps are in your daily activities. If you don't find your activity listed, estimate your steps with a comparable activity. Remember, every step counts toward your goal, so make sure you get credit for them.

Number of steps **per minute** of activity:

- Mopping floors = 51 steps
- Weight lifting = 66 steps
- Gardening = 73 steps
- Painting = 78 steps
- Ice skating, leisurely = 84 steps
- Swimming, crawl 1 mph = 91 steps
- Bicycling, 10 mph = 93 steps
- Dancing, socially = 93 steps
- Canoeing, leisurely = 100 steps
- Yoga = 100 steps
- Tennis, competitive doubles = 102 steps
- Skiing, downhill = 109 steps
- Sawing wood = 113 steps
- Cross-country skiing = 114 steps
- Aerobic dancing = 118 steps
- In-line skating, moderately = 125 steps
- Basketball = 138 steps
- Racquetball = 138 steps
- Soccer = 144 steps
- Shoveling heavy snow = 278 steps

What is a serving?

One serving equals:

- 1/2 cup cooked or raw chopped vegetables
- 1 cup raw leafy greens (like lettuce or spinach)
- 1 medium fruit, like an apple or a banana
- 3/4 cup 100% fruit juice; or 1/4 cup dried fruit

week #: 1	weight: 160
daily step goal: 10,000	daily serving goal: 5
# of steps	# of servings
sunday	5
monday	10,400
tuesday	10,200
wednesday	10,200
thursday	10,200
friday	10,200
saturday	10,200
total	70,185

week #:	weight:
daily step goal:	daily serving goal:
# of steps	# of servings
sunday	
monday	
tuesday	
wednesday	
thursday	
friday	
saturday	
total	

week #:	weight:
daily step goal:	daily serving goal:
# of steps	# of servings
sunday	
monday	
tuesday	
wednesday	
thursday	
friday	
saturday	
total	

week #:	weight:
daily step goal:	daily serving goal:
# of steps	# of servings
sunday	
monday	
tuesday	
wednesday	
thursday	
friday	
saturday	
total	

week #: _____ weight: _____
 daily step goal: _____ daily serving goal: _____

	# of steps	# of servings
sunday		
monday		
tuesday		
wednesday		
thursday		
friday		
saturday		
total		

week #: _____ weight: _____
 daily step goal: _____ daily serving goal: _____

	# of steps	# of servings
sunday		
monday		
tuesday		
wednesday		
thursday		
friday		
saturday		
total		

week #: _____ weight: _____
 daily step goal: _____ daily serving goal: _____

	# of steps	# of servings
sunday		
monday		
tuesday		
wednesday		
thursday		
friday		
saturday		
total		

week #: _____ weight: _____
 daily step goal: _____ daily serving goal: _____

	# of steps	# of servings
sunday		
monday		
tuesday		
wednesday		
thursday		
friday		
saturday		
total		

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