

## Families on the Move: A FAMILY WALKING PROGRAM

# Measure What Matters!

As with anything that you've been doing for a while, sometimes it is important to take a step back and assess your progress. Increasing speed or distance may be important if you are training for a race but not as important for a family walking program. Measure only those things that help reach your goals.

- ★ Is the family walk enjoyable? If your time together is a chore or just something you do so you can mark off a box, how can you change things to make it more fun?
- ★ Does everyone always participate in the family walk? If someone seems to back out regularly, take time to find out what is going on with that family member. Maybe they aren't feeling well or are upset about something. Is something else demanding their attention, such as work or school? Help the family member overcome the barriers that are keeping them from participating in the family walk.
- ★ Have you thought about goals beyond steps or distance? Do you want your family to talk to each other more? Do you want to encourage device-free activity? Do you want to see your family working together to complete a challenge?

*Walking is the favorite sport of the good and wise.*

—A.L. Rowseon

Sometimes, when we start something (like a family walking program) we don't realize all the benefits that we can achieve. We always say, "Start with the end in mind!" That way, you will know what it is you are reaching for and want to achieve. But, it is also important to step back and recognize all the other unexpected achievements!



## SAFETY FIRST

When you walk outside, it is always best to use safe activity practices. Use the tips below to stay safe while walking.

- Walk on sidewalks when possible.
  - If you must walk on streets, ALWAYS face oncoming traffic. (This allows you to see what is coming and get out of the way when necessary.)
- Avoid walking after dark.
  - If you do walk after dark, stay in well-lit areas and wear reflective accessories and brightly colored clothing. Carry a flashlight, a whistle, and a cellphone.
- Let someone know when and where you are walking.
- Avoid walking during the hottest times of the day (between 10 am and 2 pm) and wear sunscreen even when it is overcast.
- Protect your eyes by wearing sunglasses or a hat.

## FUN OUTDOOR GAMES FOR KIDS

Remember that outdoor time is a great way to reenergize! Whether the sun is shining brightly or there is a chill in the air, dress appropriately for the weather so that your time outdoors is enjoyable. Layers, rain gear, and headwear are all great clothing options depending on the weather.

Old favorites like Hide and Seek, Freeze Tag, or Red Light-Green Light will delight your children and keep everyone active. Remember to encourage your children to use their imagination when playing outdoors, maybe they will come up with a new game for you.

