

## Families on the Move: A FAMILY WALKING PROGRAM

# Staying on track when your schedule is chaotic!

Different times of year are jam-packed with activities that might make it difficult to find time to fit in a daily walk. Whether it is a summer vacation, or back-to-school activities, or the holiday season that is creating a tight schedule, you may be tempted to skip out on your walking... but don't do it! Walking helps ease stress when your schedule is chaotic.

### MY SCHEDULE IS NOT NORMAL RIGHT NOW

What can we do when our schedule is tight? Keep walking! Walking can actually help you stay on task as it allows your body to better focus and attend to the tasks you have to do. Remember, be flexible. Be ready to walk at any time. When schedules are hectic and you find yourself with an extra 10 or 15 minutes, go out and walk, even if it is not your "normal" walking time.

### THERE IS AN APP FOR THAT...

There are many apps that can help you get a little physical activity even if you are away from home. Some may even help you find a trail nearby if you are traveling. If you are staying in a hotel, there might be a fitness room available for your use. Choose to take the steps rather than the elevator or walk the hallways to ensure you fit some walking into each day.

### PARK IN THE BACK 40!

Whether you are holiday shopping or just taking care of regular errands, now is the PERFECT time to park at the back of the lot and walk to the store. And if you use a shopping cart to get your goods out to the car, return the cart to the store rather than to a buggy corral in the parking lot. The extra steps add up quickly!



*Make your feet  
your friend.*

—J.M. Barrie

## YOUR WALKING KNOWLEDGE: TRUE OR FALSE

Test what you think you know about staying healthy throughout the year.

**True or False:** It is better to skip my walk to make up for the time I need.

**False:** Keep the walk! That walk may be in the mall instead of your usual route, but skipping the walk will not solve all your scheduling woes! Skipping your walk one day may make you feel a little less like walking the next day.

**True or False:** If I walk outside when it is cold, I will get a cold.

**False:** Colds come from germs, not being outside. Germs may spread a little faster because people are usually inside more often. Make sure to wash your hands often and avoid touching your eyes, nose and mouth if possible.

**True or False:** Walking can help you reduce your feeling of stress.

**True:** Walking can help you reduce your feeling of stress.

**True:** Walking is known to help adults lower their stress levels and help children focus. Keep up the walking and you will not only feel less stressed, but you also may have a little more energy to tackle that “to do” list.

