

Families on the Move: A FAMILY WALKING PROGRAM

Don't Stop Walking!

YOU DID IT! WOW! GREAT JOB! WE HOPE THIS CHALLENGE HAS GIVEN YOU MORE ENERGY AND YOU ARE FEELING GREAT! NOW, DON'T STOP. THIS WEEK THINK ABOUT HOW YOU ARE GOING TO KEEP GOING!

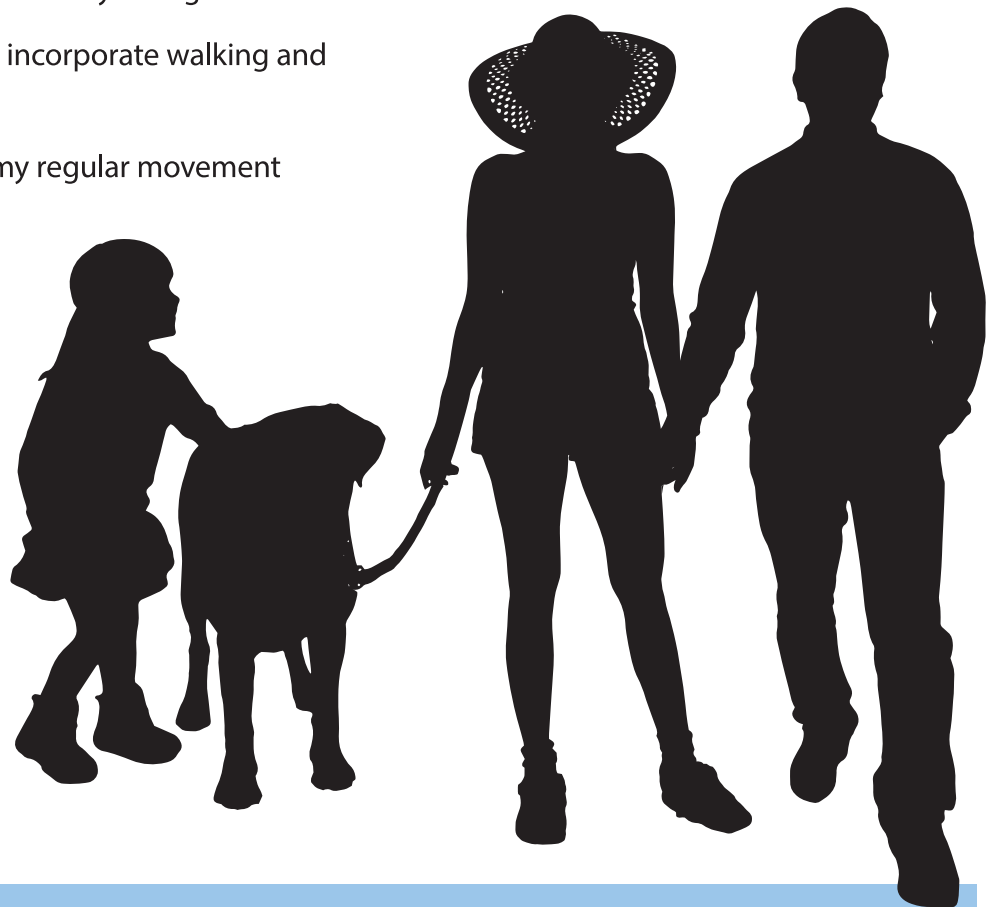
NEXT STEPS

Now that the program is over, it is time to celebrate! But you also want to make a plan for your next steps. Think about your answer to these questions:

- ★ Do I want to keep walking? If so, what are my new goals?
- ★ What are some other ways that I can incorporate walking and activity into each day?
- ★ What new activity can be added to my regular movement routine?
- ★ What other programs are available for me to participate in: at the extension office?

In my area?

When you have thought about what you want to do next, share it! By telling others, you are helping to strengthen your commitment.



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Cooperative Extension Service | Agriculture and Natural Resources | Family and Consumer Sciences | 4-H Youth Development | Community and Economic Development

*The longest
journey
begins with a
single step.*

-Lao Tsu, Tao Te Ching



KISS – KEEP IT SUPER SIMPLE

Whatever you choose to do, remember that it does not have to be very complex. The recommendation for physical activity is 30 minutes a day, for 5 or more days a week. You may choose to just keep up with your walking or you may choose to try something new – either way the most important part is making sure you are having fun!



Sticking with Your Walking Routine

It is not easy to stick with a routine, especially after a program like this has ended.

How do you keep going? Here are a few ideas you may want to try:

- ★ Keep track of your progress. Write down on a calendar what days you walked or were physically active.
- ★ Make sure you set new goals and rewards.
- ★ Don't forget your buddy! Buddies can be the best motivation to keep you moving.
- ★ Put new music onto whatever device you use. A new playlist can refresh your walk.
- ★ Remember why you started and how far you have come.
- ★ Keep a journal of how you feel after you walk or are physically active.
- ★ Give yourself little mini challenges such as picking up the pace when you get to the end of the block or sign up for a 5K.
- ★ Try listening to an audiobook while you are moving. The library is likely to have digital copies you can just download onto your device.
- ★ Stay Positive! You are in this for the long stretch! It is ok if you have a "not-so-good" day. There is always another day right behind that is going to be better!