

## Families on the Move: A FAMILY WALKING PROGRAM

# Family Time!

### When was the last time that you spent time as family outside?

Take the next few weeks to get outside and get moving with your family. Not only will it feel good being together as a family, but by staying active together you may see some other changes too!

### ARE YOU WALKING OR EXERCISING AS OFTEN AS YOU WISH?

Does your family walk at least 3 days a week? Most days of the week?  
Do you do activities on the weekends?

Take this first week to reflect on what your family is doing for physical activity.

### Get not only physical benefits from walking but mental as well!

Can walking make you happy? Can it help you deal with life stress?  
Can it give you more quality family time? For many, the answer is yes.



### THIS IS YOUR BRAIN ON WALKING

- ★ Exercise, such as walking, increases the blood flow to the brain.
- ★ A study of people over age 60 found that walking 45 minutes a day, at a 16-minute mile pace, increased their thinking skills.
- ★ Walking and other exercise can make you feel happy.
- ★ Walkers often notice an improvement in mood.
- ★ Walking gives you time to think.

## TAKE THE FAMILY ON A VISUAL SCAVENGER HUNT!

On your next walk look for the following objects. Whoever finds the most wins!

- ☐ A red leaf
- ☐ An orange leaf
- ☐ A yellow leaf
- ☐ A squirrel
- ☐ An acorn
- ☐ Someone riding a bike
- ☐ An American flag
- ☐ A bird bath
- ☐ A pile of leaves
- ☐ A rake



## MAKE THE WALK A RELAXING WALK

**Look for One Special Thing:** Train yourself to find one special thing—a sight, a sound, a thought—on every walk you take. You'll find you pay more attention to the world around you, and notice details you might have overlooked. Talk to each member of the family and hear what others "found" during the walk.

**Create Art:** Collect small beautiful objects as you walk and arrange them in a way that pleases your eye—at home or along your path.

*Did You Know?*

**Children and adolescents should get 60 MINUTES or more physical activity every day.**



## Stretching

Try these five simple stretches before and after you walk. Ease into each stretch until you feel the tension in the muscle you want to stretch and hold until it feels looser.

### ★ QUADRICEPS (THIGH)

1. While leaning against a wall, reach back with your left hand and grab your right ankle.
2. Pull your foot back and away from your buttocks.
3. Repeat for other side.

### ★ CALF STRETCH

1. Stand at arms length and lean against a wall or fence.
2. Put one leg straight back and the other bent underneath you.

3. Keep back straight and lean hips forward.
4. Keep rear leg straight with heel on ground.
5. Repeat for other leg.

### ★ TORSO TWIST

1. Stand with both arms out to side with elbows slightly bent.
2. Feet should be at shoulder width or slightly wider.
3. Twist your torso to the right and then the left, alternating back and forth slowly.

### ★ HAMSTRINGS (BACK OF LEGS)

1. Put your right leg out about 18 inches from your body with toe pointed up.

2. Bend your left leg slightly.

3. Reach down with both hands toward your right foot.

4. Repeat for other side.

5. Alternatively, you can sit down on the edge of your bed or a park bench with one leg up and the other on the floor and reach with both hands until you feel the stretch in the back of the leg.

### ★ SIDE STRETCH

1. Stand with both arms over head.
2. Lean to one side, then the other.
3. An alternative is to leave your right arm at your side and bend to the right while reaching your left arm reaches overhead, then reverse.