

## Families on the Move: A FAMILY WALKING PROGRAM

# Keep the Whole Family Moving!

IT IS IMPORTANT TO MAKING WALKING FUN, NOT ONLY FOR YOU, BUT FOR THE WHOLE FAMILY. THIS WAY IT IS EASIER TO STICK WITH IT!

### WALKING FOR FUN AND FITNESS

Nature is waking up and there are some stunning sights to see, probably right outside your door! Give these tips a whirl and you'll be walking for fun and fitness:

- 1 New shoes!** If you have been wearing the same shoes for walking for over four months, it is probably time for new ones.
- 2 Clean up.** Grab a trash-collecting bag and some gloves and take a clean up walk around your neighborhood.
- 3 Picture it!** Take your camera and photograph. Capture the changing colors of the trees.
- 4 Set new goals.** Increase your distance this week. Speed it up a bit next week.
- 5 Have fun!** Hop. Jump. Skip. You do not have to only walk.



*The sum of the whole is this: walk and be happy; walk and be healthy. The best way to lengthen out our days is to walk steadily and with a purpose.*

—Charles Dickens

# Walking with Kids

**I**t is no secret that our children are not getting enough exercise.

Video games, television and computers keep them inside and inactive. Walk with them!

**A daily walk with your children can help both you and them stay healthy.** Walking not only burn calories it also helps children grow strong.

**Walking with your children is good quality time.** Use the time to talk about whatever comes up.

**Start off with a nice easy walk, perhaps as soon as you get home from work or right after dinner.** Depending on the age of your child, a 15 or 20 minute walk is a good starting point.



## WORD SCRAMBLE

Use the following clue to help you figure out the word

**You put these on your feet.**

E H S O S    \_ \_ \_ \_ \_

**These fall off of trees this time of year.**

V E A L E S    \_ \_ \_ \_ \_

**This is a good place to go to be active.**

A R P K    \_ \_ \_ \_ \_

**Make sure your drink plenty of this!**

R E W A T    \_ \_ \_ \_ \_

## HERE ARE SOME TIPS TO GET AND KEEP YOUR KIDS HAVING FUN WHEN THEY ARE WALKING

- ★ Let your child carry a water bottle. In hot weather, ice it for an hour or so before you walk.
- ★ Once a week or so, turn your walk into an earth day and pick up trash along your route.
- ★ Once a month, visit an area park or walking trail for your walk. Take pictures and keep a walking scrapbook.
- ★ Put your child in charge of timing. If you are walking for 20 minutes, have them notify you when ten minutes have passed so you can turn around and head back.
- ★ Walking with your children can do so much more than just make both of you physically healthier. Implement a daily walk with your kids and your family will grow emotionally, mentally and spiritually, too.