

Families on the Move: A FAMILY WALKING PROGRAM

Stick With It

Has your family started once or twice and then not been able to keep moving? Here are three steps to keep you moving in the right direction:

Step 1 **PLAN YOUR OUTINGS.**

As the weekend approaches, do not do the usual stuff! Take a few minutes and plan where you want to go and do it! Perhaps you all will try a trail at a nearby state park? Maybe you will all go camping at a local campsite? Even just go to a local park for some frisbee and soccer as a family? What is important is that you all plan together and go together!

Step 2 **STOP TALKING ABOUT IT.**

Many times we hear ourselves telling our kids to get up and away from the TV or computer screen. If you spend hours telling your kids why they need to exercise, it is likely that they will not want to do anything. Try picking an activity that is fun so your kids get moving without feeling like it is work. It is important to show kids that being active can be fun. It has an even bigger impact if you are active with them!

Step 3 **USE GAMES.**

There are many types of games that allow people of all ages to play and exercise at once. The kids can dance and play soccer and adults can learn to box or do yoga. This time of year it is also nice to go outside. Try a challenge with your kids—who can do the most jumping jacks or jump rope the longest? Even games such as Twister get you moving and are a lot of fun!



Let your child pick out the activity for a family fun night!

Here are the rules: it has to be something that everyone can do; it has to be something active. Now let your child's imagination run wild!

Do You Want To Burn More FAT?

Did you know that a **pound of fat** burns only **2 calories** per day? On the other hand, a **pound of muscle** burns a whopping **38 calories** per day!



Of all exercises walking is the best.

—Thomas Jefferson

Walking Don'ts

Common mistakes made by walkers...

1 Do not over stride

2

Do not use too vigorous arm movements

3 Do not look at the ground

4 Do not hunch your shoulders

CALORIES BURNED ON AVERAGE DURING 30 MINUTES OF WALKING:

Weight (lb)	3 mph pace	4 mph pace
125	126	144
150	150	174
170	159	183
200	183	210