

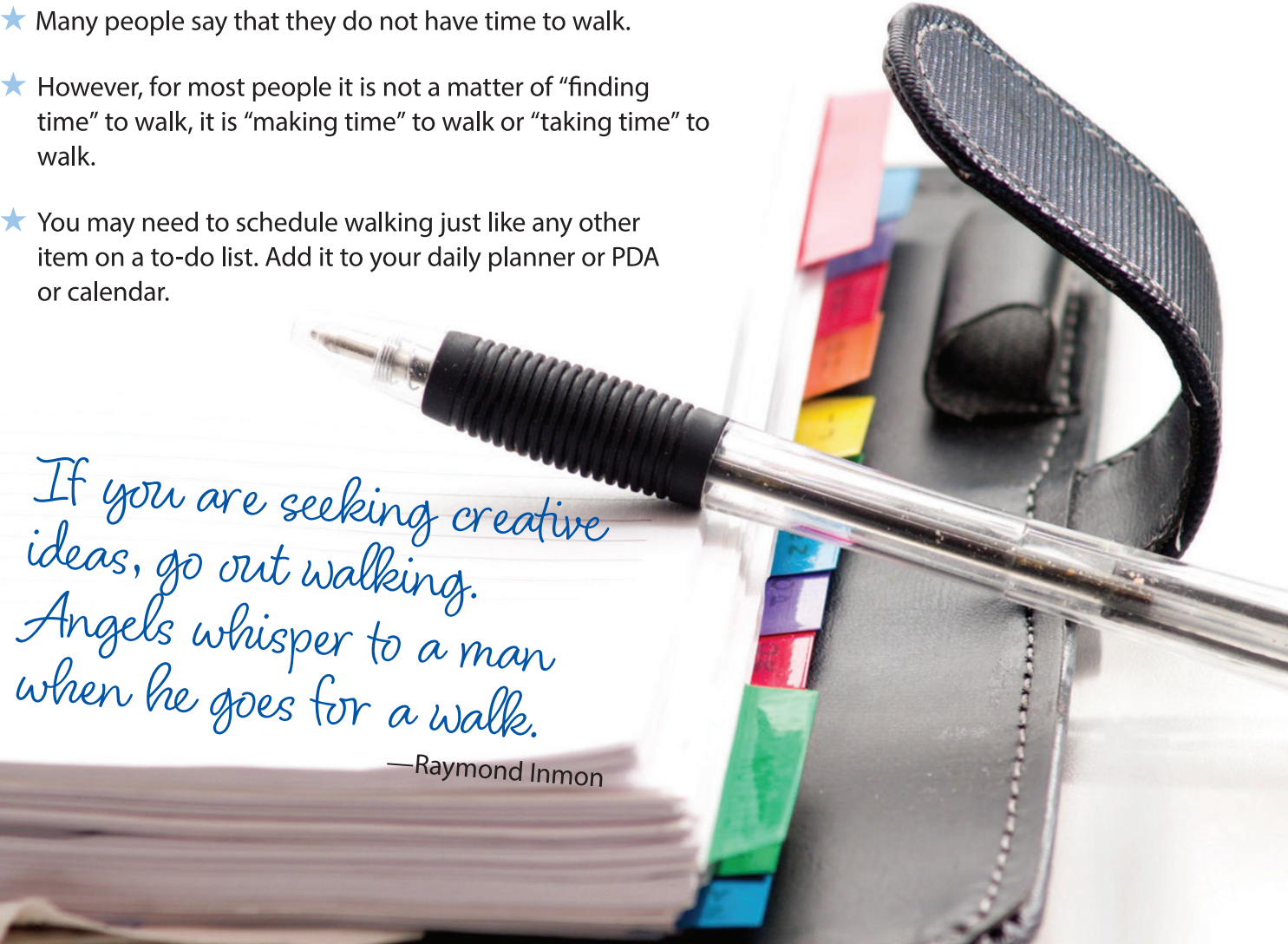
Families on the Move: A FAMILY WALKING PROGRAM

Half Way Through and you are doing great!

IT IS TIME TO START CHALLENGING YOURSELF AND YOUR FAMILY A LITTLE MORE, TRY WALKING A LITTLE FARTHER OR WALKING A LITTLE FASTER!

FINDING TIME TO WALK CAN BE A CHALLENGE

- ★ Many people say that they do not have time to walk.
- ★ However, for most people it is not a matter of “finding time” to walk, it is “making time” to walk or “taking time” to walk.
- ★ You may need to schedule walking just like any other item on a to-do list. Add it to your daily planner or PDA or calendar.



If you are seeking creative ideas, go out walking. Angels whisper to a man when he goes for a walk.

—Raymond Inmon

TIPS FOR WALKING FASTER

Ready to challenge yourself to walking a little faster? Here are a few tips for walking faster:

1. Use good posture. Walk tall, look forward, (not at the ground). Your chin should be level and your head up.
2. Keep your chest raised and shoulders relaxed.
3. Swing arms front to back (not side to side—arms should not cross your body).
4. Tighten your tummy.
5. Resist the urge to elongate your steps. To go faster—take smaller, faster steps.
6. Push off with your toes. Concentrate on landing on your heel, rolling through the step.

FUN OUTDOOR GAMES FOR KIDS

Before it gets too cold make sure to spend some time outside. Here are two games to get everyone outdoors and having fun.

- ★ **Big Foot Relay.** Have the children bring two shoeboxes with them. Tape the lids onto the boxes, then cut a 1-inch wide and 4-inch long slit in each top. Have the contestants slip their feet into the slits in the boxes and race.
- ★ **Batty Bowling.** Find a number of silly or odd items that can be knocked over by a ball, such as a plastic milk carton, a candlestick, a stand-up doll, a plastic vase of flowers, a pizza box, a tower of empty cans, an umbrella stand, an empty oatmeal container and a book. Line them up like bowling pins and let the bowlers try to knock them over with volleyballs, tennis balls or golf balls.



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