

Families on the Move: A FAMILY WALKING PROGRAM

Just Keep Walking!

BY NOW YOU ARE ENJOYING THE BENEFITS OF WALKING REGULARLY. YOU MIGHT BE SLEEPING BETTER AND HAVE MORE ENERGY. A WALKING ROUTINE IS GOOD FOR OUR BODY AND OUR MIND.

WHY SHOULD YOU CONTINUE TO WALK?

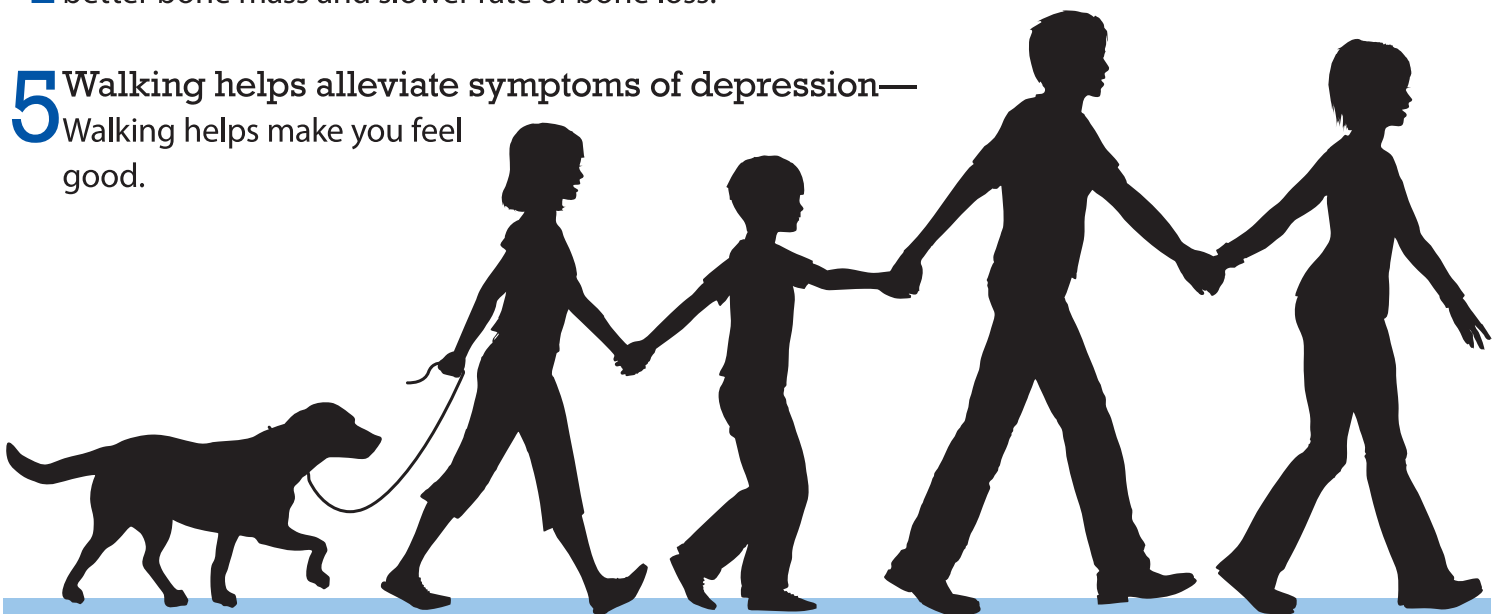
1 Walking helps prevent type 2 diabetes—Walking and reducing body weight will reduce risk of diabetes.

2 Walking strengthens your heart—Those who walk lead longer, healthier lives.

3 Walking is good for your brain—Those who walk have better and longer mental ability.

4 Walking is good for your bones—People who walk have better bone mass and slower rate of bone loss.

5 Walking helps alleviate symptoms of depression—Walking helps make you feel good.



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



ALPHABET GAME

When on your walk, record one item you actually saw during the walk starting with each letter of the alphabet.

Which letters were the hardest to find?

Which letters were the easiest to find?



A to



Z?

Safety Tips for Walking Outside

As the days get longer and warmer, we want to be outside more. But, you do have to be careful. Here are some guidelines to help you stay safe when walking.

- ★ **Take your cell phone.** They are much more portable now, so slip it into your pocket. Also, program your emergency contact person's phone number into your phone under ICE—which stands for **In Case of Emergency**. Emergency personnel will look for this listing in your contacts and call it first.
- ★ **Walk on the left side of the road, facing traffic.** That way, you can see the cars coming and move out of their way if need be.
- ★ **Be careful when walking at night.** Wear something light colored and reflective. Take a flashlight.
- ★ **Carry your ID with you.** You can even make a photocopy just to use when walking. Laminate it to protect it. If you have any serious allergies or health conditions, carry or wear something that indicates your condition.
- ★ **Just by following a few simple safety steps,** you can enjoy walking outdoors and stay safe at the same time. **Happy (and safe) walking!**