

## Families on the Move: A FAMILY WALKING PROGRAM

# Taking Stock!

How do you feel after tracking steps with your family? Do you all have more energy? Does everyone sleep better at night? Have you noticed a change in your outlook? Has your stress level changed since beginning the walking program?

### IS IT GETTING EASIER TO FIND TIME TO WALK OR EXERCISE AS FREQUENTLY AS YOU WISH?

Is the family walk something that everyone looks forward to? How often do you walk – at least 3 days each week? Most days of the week? Do you include special activities on the weekends?

Kentucky has many natural attractions that simply invite you to spend time outdoors with the family. If you haven't already, during the remainder of the Families on the Move program, why not explore some outdoor areas that are new to you?



### FREE OR LOW-COST PLACES TO EXPLORE NATURE

- ★ Local Parks and Trails
- ★ Kentucky State Parks
- ★ National Parks or Nature Sanctuaries
- ★ Arboretums or Forests
- ★ Rail Trails
- ★ Memorial Gardens



*Walking is a man's best medicine.*

—Hippocrates

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

## FOLLOW THE LEADER BOSS MOVES

When it is your turn to be the leader, get your group to try out these movements:

- ☐ Hop
- ☐ Skip
- ☐ Twirl
- ☐ Side step
- ☐ Reach for the sky
- ☐ Shimmy
- ☐ Jump
- ☐ Lunge
- ☐ Walk like an elephant
- ☐ Be creative!



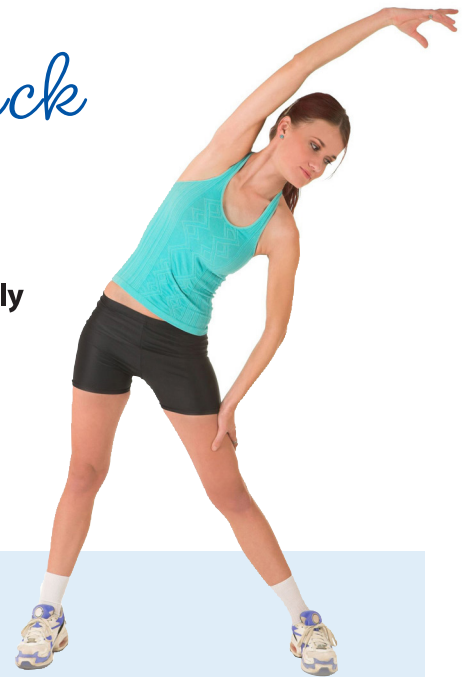
## FOLLOW THE LEADER WITH THE FAMILY

**On your next walk,** play the classic game, Follow the Leader. Take turns being the “leader.” The leader chooses movements for the “followers” to do together. Decide before you begin if you will change movements as you change leaders or if each new one will be added on to the last to form a chain of movements.

**Expressive Art:** Creating a story line for the movement chain adds an artistic dimension to your walk. While the leader shares the movement, the followers can decide the plot for that movement.

*Let's Check In*

**Are the children and adolescents in your family finding time to include 60 minutes or more physical activity in their daily routine?**



## Stretching

Now that you have been walking regularly, switch up your stretches. If the stretches below feel too difficult, switch back to the original stretches recommended in the first newsletter.

### ★ NECK STRETCH

1. Sit or stand with hands at side.
2. Tilt head sideways bringing left ear toward left shoulder.
3. Hold your head to the right for five seconds.
4. Bring right ear toward right shoulder.
5. Hold your head to the left for five seconds.
6. Breathe in a slow and controlled manner.
7. Repeat as needed.

### ★ SIT AND REACH

1. While seated on the floor, extend both legs straight out in front of you.
2. Inhale and raise both arms up and reach out from the waist, lengthening the spine.
3. Keep the length as you exhale forward, trying to touch your toes.
4. Breathe and hold for three to six breaths.
5. To release, inhale while raising both arms up over your head and exhale as you lower them to the floor.

### ★ SPINE TWIST

1. Sit on the floor with both legs straight in front of you.
2. Cross your right foot over your left thigh and place it flat on the floor outside your left knee.
3. Hold your right knee with your left hand and place your right hand on the floor diagonally behind you.
4. Look over your right shoulder while twisting your torso as you draw your elbow down on the outside of your right thigh.
5. Repeat with both sides.