

Families on the Move: A FAMILY WALKING PROGRAM

Move More!

**HERE ARE SOME TIPS TO KEEP THOSE LEGS MOVING
AND A GREAT WAY TO PASS THE TIME WITH CHILDREN
ON YOUR WALKS!**

TIPS FOR STICKING TO A WALKING PROGRAM

How many times have we all decided to start a walking or other exercise program and maybe walked once or twice or a half dozen times but then quit? Sure, most of us have done this before one time, or several times. So, how does one become a habitual walker? How do you stick to your walking commitment?

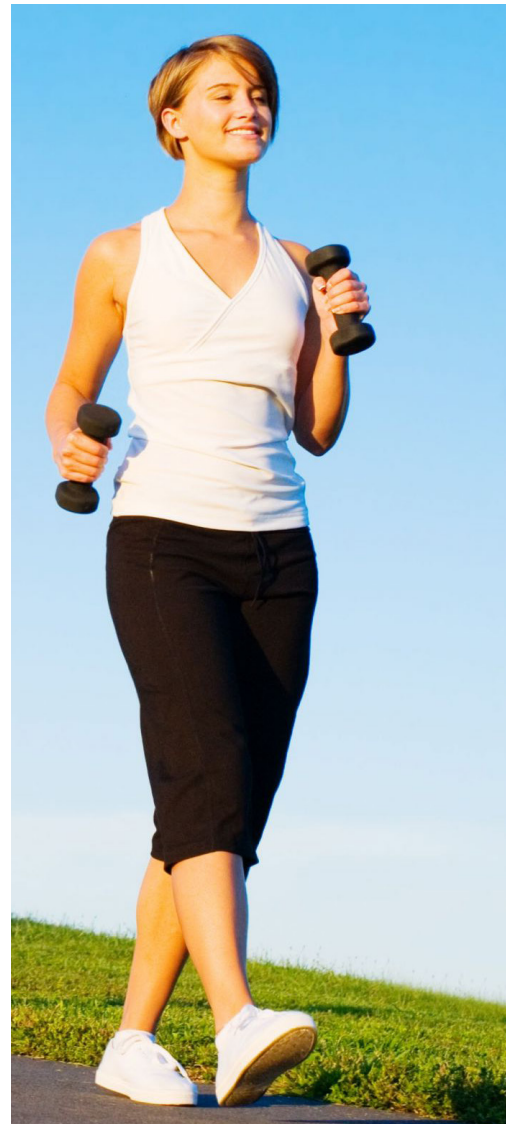
1 Wear good shoes and socks. If you are in pain, you are not likely to look forward to walking. Buy good walking shoes that fit you perfectly. Get some good socks and wear clothes that are the most comfortable for you while walking.

2 Stay hydrated. Drink water throughout the day, and if you will be walking for an hour or more, or in higher temperatures, take water with you. Even mild dehydration can cause you to feel lousy!

3 Log your walks. It is a great reinforcement to write your steps down (even after the program ends)! You can go back after a few weeks or even months and total your mileage to see how far you have walked.

4 Make walking physically challenging. Wherever you are in your walking habit, start to increase your time or distance a little bit every 2 weeks. If you are walking three times a week, maybe you want to add another walk to your schedule, or if you are walking for 20 minutes, make your walks 25 minutes.

5 Make walking mentally challenging. Learn the names of trees, flowers, shrubs and grasses in your area. Memorize the street names or house facades.



Walking Do's

1

Keep steps even

2

Swing arms gently, front to back

Look forward

3

Walk tall with chest raised and shoulders relaxed

4



JUST FOR FUN!

Play the color game while you walk. Each walker should choose a color before starting the walk. While walking, keep track of the things you see in “your color” by calling their name out loud. (For example: blue bird.) If you want to make it a competition, see who finds the most objects of their color during your walk.

If you want to burn fat,

Then don't just stand there, lift something!

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!



To successfully lose body fat, research has shown that regular strength training in combination with aerobic exercise like walking and a low fat, nutritionally balanced diet (not gimmicky dieting) will get you the results you want!

Walking is a daily experience and a lifetime journey.

— Maxine Bigby Cunningham