

WALKING CHALLENGE

There's never been a better time to get moving.

Setting walking goals

WALKING MORE, JUST LIKE WITH ANY OBJECTIVE, IS BEST ACCOMPLISHED BY SETTING GOALS THAT ARE S.M.A.R.T.



SPECIFIC- Know what you have to do daily to reach your goal.



MEASURABLE- Goals should be numerable such as “walk 10,000 steps per day.”



ACTION-ORIENTED- Goals should be something that you are able to do.



REALISTIC- Goals should help you push yourself, but still be attainable.



TIME FRAME- Have specific start and end dates for achieving your goal.



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Winter walking tips

DURING THE WINTER, MAKE SURE TO TAKE PRECAUTIONS TO STAY SAFE WHILE WALKING OUTDOORS. USE THE FOLLOWING TIPS TO KEEP UP YOUR STEPS ALL SEASON!



BUNDLE UP- Make sure to keep your hands, feet, and head covered with insulated gloves, boots, and hats to maintain warmth and avoid frostbite. This will let you walk longer and more comfortably in cold weather.



DRINK WATER- Drink one or two glasses of water about 15 minutes before you start walking. You can become dehydrated even in cold weather! Even if you do not feel thirsty, your body may still need liquids.



DRESS IN LAYERS- Wearing layers allows you to change the amount of insulation you have. It is generally a good idea to wear clothing that allows sweat to pass through, but traps in air. Look for moisture wicking clothing.



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Summer walking tips

DON'T LET THE SUMMER HEAT KEEP YOU FROM GETTING OUTSIDE FOR A WALK! USE THESE TIPS TO KEEP YOURSELF SAFE WHILE YOU WALK OUTSIDE THIS SUMMER.



DRINK WATER- Drink one or two glasses of water about 15 minutes before you start walking. You should also carry a water bottle with you while you walk to maintain hydration. Even if you do not feel thirsty, your body may still need liquids.



EARLY OR LATE- Avoid walking in the middle of the day when the temperature is highest and the sun is brightest. Walking before or after work may help you avoid the hottest times.



USE THE SHADE- Try to walk on shaded walking trails instead of blacktop and sunny sidewalks. Wear hats with visors and sunscreen to protect your eyes and skin from the sun.



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Walk the right way

THE CORRECT POSTURE AND STRIDE ARE IMPORTANT TO PREVENT STRAIN AND INJURY WHILE WALKING.

SHORT STEPS- When walking quickly, take short steps instead of long strides to reduce the risk of straining your leg muscles.

BEND YOUR ARMS- Bend your arms at 90 degrees and let them swing naturally to add balance, power, and speed to your walk.

CHIN UP- Your chin should be parallel to the ground with your eyes focused on the ground ahead of you about 10 to 20 feet.

STAND STRAIGHT- Walk with relaxed shoulders without leaning. If you feel strain in your lower back, you are probably not in a relaxed position.



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HAVING THE RIGHT SHOES MAKES WALKING MORE COMFORTABLE AND SAFE. PICKING THE RIGHT PAIR IS IMPORTANT. TRY THE FOLLOWING STRATEGIES TO GET THE PERFECT WALKING SHOES.

GET NEW ONES- If your current shoes are worn out and no longer absorbing shock, it may be time to get new ones. Try replacing the insoles if you are not ready to buy a new pair.

GO TO A SPECIALTY STORE- Find a store that focuses on athletic, walking, or running shoes with a large inventory to find shoes that meet your needs. Try on shoes at the end of the day and wear your workout socks to make sure the shoes fit properly.

BUY THE RIGHT SHOES- Good walking shoes should have good arch support, appropriate tread, sufficient durability, flexibility, and cushioning. They should be comfortable!



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Work in your walking

INCORPORATING MOVEMENT THROUGHOUT THE DAY IS IMPORTANT TO BREAK UP PROLONGED PERIODS OF SITTING. FINDING WAYS TO WALK WHILE AT WORK CAN HELP YOU FIT IN 10,000 STEPS A DAY.



LUNCH TIME- Take 10 – 15 minutes of your lunch break to walk before or after you eat. This may also help you feel more energized in the afternoon..



EXTRA STEPS- Take the longest way possible to get to things around your office. You can also do things like take the stairs instead of the elevator and park further away from the building.



WALKING MEETINGS- Have your next meeting be a walking meeting; you'll get your coworkers moving, too! Energize and engage your body and mind at the same time.



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The "why" of walking

IF YOU ARE NOT CURRENTLY PHYSICALLY ACTIVE, INCREASING YOUR ACTIVITY THROUGH WALKING CAN BETTER YOUR HEALTH. TRY TO WALK AT LEAST 10,000 A DAY TO IMPROVE OVERALL HEALTH AND WELLNESS.



The American Heart Association reports that walking and moderate physical activity for 30 minutes a day can produce the following health benefits:

- Reduced risk of coronary heart disease
- Improved blood pressure and blood sugar levels
- Improved blood lipid profile
- Maintained body weight and lowered risk of obesity
- Enhanced mental well being
- Reduced risk of osteoporosis
- Reduced risk of breast and colon cancer
- Reduced risk of non-insulin dependent (type 2) diabetes

