

WALKING TIPS!

Taking 10,000 steps is about equivalent to walking five miles, but many of the activities you already do can count toward your total daily steps. Many people already average 2,000 to 3,000 steps a day without even being aware of it. You can easily add steps to your daily total by taking advantage of every opportunity to get moving! Here are some tips:

At Work: (tips from America on the Move)

- ✓ Park further away
- ✓ Choose the furthest entrance to your building
- ✓ Walk to a rest room, or copy machine on a different floor
- ✓ Walk a few “laps” on your floor during breaks.
- ✓ Walk during your lunch hour
- ✓ Host “walking meetings”
- ✓ Take the stairs rather than the elevator (not too many of these in the UP)
- ✓ Take two 10-minute walks during the day
- ✓ Start a walking club with your coworkers
- ✓ Walk to work once a week if less than one mile
- ✓ In the winter, put your cross country skis in the car and do a loop after work

Out and About:

- ✓ Always park further away in a parking lot
- ✓ Always return your grocery cart to the store
- ✓ Walk, don’t drive for trips less than one mile
- ✓ Take several trips to unload groceries (you won’t drop as many bags)
- ✓ Avoid drive-through restaurants--get out of your car and walk
- ✓ Make a list of indoor locations to walk and rotate these locations (especially important with our winters!)
- ✓ When shopping at a mall, do two or three complete loops before going into the first store

Family and Friends

- ✓ Plan active vacations
- ✓ Make a family walk a habit
- ✓ Kids can volunteer to walk their dog or a neighbor’s dog
- ✓ Do a family challenge to see who can get the most steps in a day
- ✓ Reward kids/family members for meeting step goals
- ✓ Take an after dinner walk with the family instead of just watching more bad news!
- ✓ Walk while talking on a cordless phone
- ✓ Walk during commercials on television
- ✓ Take a walk and watch your kids play a sport instead of sitting in the stands
- ✓ Walk to a neighbors instead of calling on the phone
- ✓ Get rid of the TV remote
- ✓ Have TV free walking days

SAFETY TIPS: *Adapted from Runner's World, 2003 @ www.runnersworld.com*

- ✓ Always check with your physician before beginning any new exercise program.
- ✓ Walk for at least 30 minutes each time you go out.
- ✓ Be sure to wear proper shoes and socks.
- ✓ Use good technique when walking for exercise. Remember the **PASS** test when you are walking:
 - P **(Posture)** walk with your head erect and stomach pulled in
 - A **(Arm Swing)** include your arms for a good workout, allowing them to swing naturally, not excessively
 - S **(Stride)** your stride should be natural and not too long; let your body find it's own stride length
 - S **(Speed)** be sure that you can carry on a normal conversation when you are walking, and work your way up to a 4 miles per hour pace

Face the traffic: If routes do not have paths or sidewalks; walk in the direction facing oncoming traffic.

Dress correctly: Wear light-colored or reflective clothing, shoes, or belts. If at all possible, walk with a partner. In the absence of a companion, tell someone which route you will be walking and what time you expect to return.

Walk defensively: Don't simply assume that all road-users know about the 'pedestrian has right-of-way' rule. Many of them don't.

Lose the jewelry: Leave the valuables back home. The only accessory you need is a wristwatch or pedometer.

Vary your routes: Don't establish regular patterns by walking the same route at the same time every day.

Self-defense: Some individuals carry handheld spray devices that contain mace or something similar. These are designed to fit comfortably in your hand, are very light and easy to use.

Carry ID: Always carry some form of identification in case of an accident or medical emergency.

Keep right: If you're walking on a cycling or pedestrian path, always walk on the right-hand side so that faster walkers, runners and cyclists can easily pass. Leave the headphones at home so that you will be alert to any potential dangers, be it a dog, a fast-approaching car, or the sound of other people around you.