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get a routine

stick with it!

- Build walking into your routine.
- Make time to walk by putting it on your calendar.
- Set goals to increase your walking daily or weekly.
- Find a friend to support and help you keep moving.
- Look for indoor places to walk during bad weather, such as a mall.
- Join a challenge where teams compete with each other.



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention