

# { Why Walk? }

Want an easy way to get active during the workday? Brisk walking is one of the best ways to get physical activity. A regular routine of brisk-paced walking helps you to—

- Control body weight and reduce body fat.
- Improve mood and symptoms of depression and anxiety.
- Reduce high cholesterol and lower blood pressure.
- Keep bones and muscles strong.
- Reduce risk of diseases like heart disease, stroke, type 2 diabetes, and some cancers.
- Increase life expectancy.

## Track your progress.

- Set your own personal goals (time or distance) for the week by logging your progress and reward yourself when you meet them.
- Use a pedometer or accelerometer if you can.



## Walking log

Time & Distance Walked					
	Week				
	1	2	3	4	5
Day	Time / distance				
Monday					
Tuesday					
Etc.					
<b>Total</b>					

Aim for 2 and half hours (150 minutes) of at least moderate physical activity per week. Walk for at least 10 minutes at a time.

## Be safe.

- Choose well-fitting comfortable shoes with good tread.
- Walk slowly for 5 minutes after brisk walking to cool down.
- Drink plenty of water, especially when it is hot outside.
- Choose a safe place to walk and watch for traffic.
- Wear reflectors or reflective clothes if walking near traffic at night.
- Don't text while walking.

01

set a goal



## get started!

- Set a goal and make being active a priority.
- Get a comfortable pair of walking shoes.
- Be prepared by keeping your walking shoes at work or in the car.
- Start slowly to avoid stiff or sore muscles and joints.
- Begin walking faster, going further, and taking longer walks over the next few weeks.
- Walk for at least 10 minutes at a time.
- Walk with a friend or a group, or with your dog.

02

be active



## fit it in!

- Park farther from your office.
- Walk to accomplish shopping or doing other errands.
- Use breaks to go on a face-paced walk for at least 10 minutes.
- Walk during your lunch break either alone or with co-workers.
- Get off one stop early when you take the bus or subway and walk the rest of the way.
- Make it a family activity! Walk together after dinner a few times a week.

03

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.

04

increase time



## ramp it up!

- Frequency - Walk as many days a week as possible. If you cannot schedule longer walks, take several short walks, at least 10 minutes during the day.
- Intensity - As you progress, walk more briskly. The average pace is about 20 minutes per mile.
- Time - Increase the distance you walk over time. Measure one mile, record the time, and see how you improve. Add more minutes to your walk each week.

## Stay inspired.

- Being active can become part of your routine.
- Getting outside will give you a break and a change of scenery.
- Doing it just for fun is okay.
- Consider walking part of your well being.
- Believe in yourself.

