

## Walking Campaign Texts for Mobile Devices

**Instructions:** Employers may give employees a choice to receive texts from either the **Sedentary** or the **Somewhat Active Category**, depending on the employee's level of physical activity. The employer then may send 2 texts per week from that category to the employee.

### **Sedentary Employees**

1. - Do you need some encouragement to become physically active? Reply MORE ACTIVE for tips on ways to begin a Walking Program.
2. - Thank you for signing up for Walking Program texts. Brisk walking should be done for at least 10 minutes at a time at a pace that increases your heart rate.
3. - Thinking of being more physically active? Set a goal of walking at least 10 minutes at a time and see how the minutes add up.
4. - Do you have a plan to be physically active? You can start by making a walking plan for the week and work it into your schedule.
5. - Believe in yourself! Get more active by taking a walk. Some physical activity is better than none.
6. - Need a break during the day? Take a walking break outside and get some fresh air.
7. - Did you walk today? If your answer is, "Yes!" reward yourself and put the time and distance in your walking log.
8. - See if you can find one or more chances to walk more while doing errands.
9. - No time at work to walk? Fit a short walk in before or after work with a friend or family.
10. - Is the weather nice today? Try a walk around the neighborhood after dinner. Keep it up each day while the nice weather lasts.
11. - Make being active part of your daily routine. Getting outside for a brisk walk will give you a break and some fresh air!

### **Somewhat Active Employees**

1. - Do you need encouragement to keep walking and to do more? Reply WALK MORE for tips on ramping it up or call CDC 800-232-4636.

2. - Thank you for signing up for tips to walk more and be active. Brisk walking should be done for at least 10 minutes at a time and at a pace that increases your heart rate.
3. - Do you want to increase your physical activity? Make a plan to start walking more often, a little longer, or a little farther
4. - Did you walk today? If so, give yourself credit and put the time and distance in your walking log.
5. - On your next walk, step it up and walk more briskly. The average pace for a brisk walk is about 20 minutes per mile.
6. - Try to walk as often as you can each week, at least 10 minutes at a time. But if you can't do that much, remember some physical activity is better than none.
7. - Think of your walking plan as part of your well-being. Doing it just for fun is okay too!
8. - Try to increase the distance you walk over time. Measure one mile, record the time, and see how you improve.
9. Go for a brisk 30-minute walk break and burn calories!
10. -Does a regular brisk walking routine help you?

**Answer options:** A. control body weight B. improve mood C. reduce high cholesterol D. all of these

- a. - **Correct Answer is D.** Regular brisk walking can help you control body weight, improve mood, and reduce high cholesterol.
  - b. - **Incorrect Answer when only A, B, C are given.** Correct Answer is D, regular brisk walking can help you control body weight, improves mood, and reduces high cholesterol.
11. -Did you know that walking regularly can help keep your bones and muscles strong? Fit in at least 10 minutes of brisk walking at a time because some physical activity is better than none.
  12. -Stay safe while walking. Don't text and walk. You should also wear reflectors or reflective clothes if you walk at night near traffic.
  13. -Stick with it! Build walking into your routine by finding a friend for motivation and encouragement.