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MOVING IN THE RIGHT DIRECTION

Walking is a low-cost, safe, fitness activity that almost everyone can do. Increasing physical activity will help you work better, sleep better, feel better, and look better. Making intentional physical activity part of your daily life is important while you are losing weight and essential to help you maintain your weight loss.

Tips for Walking

-  Plan to walk at least 30 minutes 5-6 days a week.
-  As you start your program you may not be able to walk for 30 minutes at a time. Walk as long as you are able to comfortably and increase from there.
-  If you don't have time to walk 30 minutes at one time, take two 15 minutes walks or three 10 minute walks.
-  Wear comfortable clothes and shoes.
-  Don't overdo it- stop and rest if you get tired.
-  If you are an outdoor walker, have an alternate route for bad weather.
-  Walking with a partner or listening to music can make your walk more enjoyable.
-  Wear your pedometer and keep track of your steps using the log. Set goals to increase your steps.

Moving More

If you are not able to walk due to back or joint pain, the pool may be your workout partner. Walking back and forth in the pool or participating in a water fitness class will put less pressure on your joints while still giving you a calorie-burning workout.

Put on some dance music while cleaning the house or spending time more gardening can also help you meet your physical activity goals. It is critical to make activity a part of your lifestyle while you are losing weight because activity will be essential to maintain your weight loss.

We all have to start somewhere. Make it a point to move more any way you can. Look at extra steps as an opportunity to burn more calories.

Remember any type of activity is better than no activity.

Tips to Increase Activity

- Around the house:
 - Get rid of the remote control. Get up to change the channel or adjust the volume.
 - Walk around the house during the commercials.
 - Do some exercises in front of the TV. Do some push-ups, sit-ups, arm exercises, walk in place.
 - Pace around the house while talking on your cordless phone.
 - If you live in a two-story house, make more trips up and down the stairs. Don't pile things on the steps to save yourself more trips.
 - Take more trips unloading your car after shopping. Carry your bags in one at a time.
 - Get a push lawn mower.
 - Rake leaves and sweep sidewalks instead of using the leaf blower.
 - Shovel the snow.
 - Wash your car in the driveway instead of driving through the carwash.
 - Walk to the mailbox if your mail is delivered at a central location.
 - Take your dog for a walk.
 - Play fetch with your dog.
 - Don't have dog? Borrow the neighbors.
 - Play ball with your kids or grandkids, go for a bike ride, take them to the park.
 - Put on your favorite music and dance.
 - Clean your house to dance music.
- Around town:
 - Park at the far end of the parking lot.
 - Park in one spot and walk to as many stores as you can without moving the car.
 - Return your grocery cart to the cart return or better yet, walk it back to the store.
 - Use stairs instead of the escalator or elevator.
 - Explore parks and trails that you haven't visited.
 - Go to community events and walk around.
 - Go to the museum.
 - Walk around inside the mall or explore a new shopping area.
 - Avoid the drive-thru. Park farther away and walk inside.
 - Walk the concourse at the airport while waiting to board your plane.
- Around work:
 - Park at the farthest entrance to your building.
 - Get off the bus a few stops earlier and walk the rest of the way.
 - Use the stairs whenever possible instead of the elevator or escalator.
 - Get up and walk to talk to someone instead of email.
 - Get up from your desk at least every 30 minutes and take a 2-5 minute walk.
 - Use the restroom, copier, or fax machine on another floor.
 - Use your break times to move.
 - Keep walking shoes under your desk or in your locker and take a walk on your breaks. Or go for a bike ride, go to the gym, go for a jog.
 - Find an activity buddy for breaks.