



WALKING CHALLENGE

Congratulations on taking the first step to improve your health by joining the Walking Challenge! Walking is an easy way to start and maintain an active lifestyle.¹ This newsletter provides tips to help you collect challenge points and enjoy walking as part of your daily routine.

NEWSLETTER WEEK 1

*“You can’t change
where you came from.
You can change where
you are going.”*

–Anonymous

Safety is important!

Stay alert. Avoid dark areas and overgrown trails. Use crosswalks or intersections when crossing the street. Wear reflective clothing or carry a flashlight when walking early in the morning or at night.

Move More Break

Get out of the chair and get moving. Try including walking during or after your meetings or incorporating a walking break into your next event.



GETTING STARTED

Here are some tips to making walking a part of your daily routine.

BRING FRIENDS AND FAMILY

- Walk with a friend or a group.
- If you have small children, walk with them in a stroller or wagon. If the weather is warm, consider bringing along water and healthy snacks for you and your child.
- Walk with a pet.
- Walk with coworkers, members of your faith community, or members of your community group. Consider having walking meetings or walking before or after events.

BE PREPARED

- Wear comfortable and supportive walking shoes.
- Store a pair of walking shoes in the car or at your desk at work.
- Mark a walking date on your calendar.

DETERMINE YOUR ROUTE

- Walk in your neighborhood, around the parking lot of your worksite or faith community, or at a school, local gym, or other community building.
- Look for safe places to walk in your community like walking trails, sidewalks, or local parks.

SET A TIME AND PLACE

- When at work, walk during your work breaks or at lunch.
- Start slowly. Begin by walking ten minutes at a time.
- Bring a watch or cell phone to keep track of your time.
- Download a free cell phone application to keep track of your steps and distance.
- Commit to meeting members of your organization at a designated spot to walk.

STAY POSITIVE

- Starting a new routine can be difficult at first, but remember that every step you take is a step towards improving your health!

1. www.cdc.gov/physicalactivity/walking/call-to-action/pdf/employers.pdf



For more on North Carolina’s walking campaign, visit MoveMoreWalkNowNC.com