



WALKING CHALLENGE

Welcome to week two of the Walking Challenge! Walking is a low impact activity that is not only good for your joint health, but also helps to relieve stress, reduce anxiety, improve sleep, and increase your ability to focus. Keep up the good work by taking steps to better health.

NEWSLETTER WEEK 2

“The first wealth is health.”

—Ralph Waldo Emerson

Consider the weather

- **Wear weather-appropriate clothing.** For warmer days, don't forget to wear sunscreen on skin exposed to the sun. Wear sunglasses or a hat and dress in light-colored clothing.
- **For colder weather, wear a middle layer to insulate the heat.** Microfiber fleece or wool are also good choices for warmth. Jackets with hoods will keep you dry on drizzly days, and don't forget your hat and scarf to retain the heat around your head and neck. You may also need mittens or gloves to keep your hands and fingers warm.

Move More Break

Don't forget to stretch. Stretching improves flexibility, prepares your body for physical activity, and relieves the pressure from tired muscles. Take a moment to stretch during your next meeting or event.



STEP OUT

Now that walking is a part of your daily routine, it is time to step out and explore different places to be physically active. Here are some ideas for walking in familiar or new places.

ENJOY THE NATURAL BEAUTY OF THE OUTDOORS

Parks, greenways, and trails are excellent places for walking. These places are usually free, accessible, and provide a place to walk outdoors. To find accessible trails near you, visit www.AmericanTrails.org.

USE PUBLIC COMMUNITY FACILITIES

Walking tracks at a school or gym are great places to walk. There is no need to cross streets or wait for traffic lights.

Check out your local schools and see if there are walking tracks open and available for public use. Your worksite and faith community may be great places to walk as well. Consider walking outside in the parking lot or indoors if the weather is bad.

DON'T LET BAD WEATHER SLOW YOU DOWN

Walk in a mall or a covered shopping center. Mall walking is a great indoor option as malls are free and accessible.

TRAVEL THE WORLD WITH A VIRTUAL WALKING RACE

Is there a place in the world that is important to your organization? Consider challenging yourself and others to pick a city in the world, determine the number of miles between your community and that city, and then walk the number of miles it would take to reach the chosen destination. For instance, every 20 minutes of walking can count as one mile. Chart your miles and see how long it takes to “travel” to that destination.



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