



WALKING CHALLENGE

Way to go! You have almost completed the Walking Challenge. During this last week, think of ways to keep up the good work even after the Walking Challenge is over by continuing to use the tips you have learned along the way. Check MyEatSmartMoveMore.com after the Walking Challenge is over for resources to help you increase your physical activity levels.

NEWSLETTER WEEK 4

“Movement is the celebration of life.”

—John Selland

STAY MOTIVATED

It's important to stay motivated as you continue to take steps to improve and maintain your health. Here are some tips and resources to keep you walking all year long.

- Set up walking groups, buddy systems, and other forms of social support for walking so you have multiple opportunities to walk each week.¹
- Develop a walking map or guide at your organization. Consider mapping out routes around your building or finding out how many laps it would take to complete a mile in your organization's parking lot.
- Create a walking path or trail at your organization.
- Make walking a routine activity by putting it on your calendar.
- Partner with a school or local community center to establish a shared use policy and promote walking programs. The resources below can help you to learn more about this work.
- Develop a stairwell policy to promote walking instead of elevator use. The resources to the left can help you to learn more about this work.
- Track your progress and celebrate your successes. Look at your Walking Challenge log and see how far you have come. Give yourself a pat on the back for a job well done!
- Now that you have completed the challenge, we encourage you to let us know how it went by filling out a brief survey. Visit MoveMoreWalkNowNC.com and search “walking challenge” to take the survey!

For resources to create an environment that promotes physical activity, visit:

Move More Walking Map Guide
www.eatsmartmovemorenc.com/WalkingMapGuide/WalkingMapGuide.html

Move More Stairwell Guide
www.eatsmartmovemorenc.com/StairwellGuide/StairwellGuide.html

Shared Use Agreements and Assessments
www.eatsmartmovemorenc.com/SharedUse

Step It Up: The Surgeon General's Call to Action to Promote Walking and Walkable Communities
www.cdc.gov/physicalactivity/walking/call-to-action



Move More Break

Are others in your organization committed to walking? Get a group together to brainstorm ways that you can support walking throughout the year in your community. Check out the resources at MoveMoreWalkNowNC.com to get some ideas. Celebrate your community's success!

Recommendations adapted from:

1. United States Department of Health & Human Services. The Surgeon General is Calling on Nonprofit Organizations to Step it Up! Accessed at cdc.gov/physicalactivity/walking/call-to-action/pdf/nonprofit-organizations

Move More
Walk Now
movemorewalknowNC.com



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