

**Eating Smart & Moving More
Celebrating Healthy Families**

Moving More

Five Fun Ways to Walk Your Way to Fitness

A daily walk is a wonderful way to maintain a healthy weight. A 30-45 minute walk can help to lower your stress level, improve your mood, boost your immune system and reduce your risk of disease.

Walk and talk.

Walking and talking with a friend is good for your body, good for your heart and good for your soul. Walking and talking with children or grandchildren is an active way to spend some quality time together. It can also be a time to discuss serious issues, like school or grades, in a less threatening atmosphere.

Walk and listen.

Music lightens every step – and it seems to make time go faster. Pick your favorite tunes, pick up the pace, and sing along if you want! Walking and listening to books “on tape” is another fun way to add extra value to your daily walk. Language tapes, CDs, or Podcasts also make ideal walking companions.

Walk and learn.

A new language is just one of the many things you can learn on a walk. With kids, you can count different colored cars, talk about how plants change with the season or listen for new sounds. Wherever you walk outdoors, there are birds to learn about. Perhaps it’s time to start a list of feathered friends.

Walk and shop.

Using your legs for transportation is a simple way to accomplish two things at the same time. Put on a backpack for your purchases – and walk to the grocery store, walk to the post office or walk to the mall. If you live too far to walk all the way from home, drive to a central location and walk from there.

Walk and enjoy.

Enjoyment is the key to success for all fitness activities – because, over the long haul, you’ll only stick with what you like to do. Some people enjoy doing the same walk every day, while others want a different route every time they go out. Think about what kind of walk really gets you going – and just do it!



National Nutrition Month® - March 2008

Adapted by the NC NET Program from Eat Right Montana materials