

# Go Walking Tips



## Go Walking—Together

Life can be hectic. Why not take a walk with your children? Not only will you be able to take a break from a busy day, you'll be starting a healthy activity that will last a lifetime.

- Make walking your “together time.” Instead of spending time in front of the TV, you and your children can go for a walk and talk about your day.
- While you're walking, start slowly. See if you and your children are able to walk and talk easily. If you're having a hard time talking, slow your pace down. Walking and being able to talk easily is a simple way to see how in shape you are.
- If your children are walking alone or with friends, make sure that they stick to sidewalks or an established walking path.
- Walking at sunset or after dark? Wear bright colors or something with reflective material on it.
- Even if you're not thirsty, take water along for your walk. You and your children should make sure to drink frequently throughout the walk.
- Walking is a great way to relieve frustration. Taking a walk together can help you relieve tension, and may give you a chance to talk about a difficult situation.
- If you have friends in the neighborhood, walk by and say hello. Encourage your children to stop by instead of using the phone. You'll not only get to see your friends and neighbors, but you'll help your health.
- Want to make walking even more fun? Use a pedometer to count your steps and figure out how far you've walked. Challenge your children to do the same and see who can walk the farthest.
- Start a walking club with your extended family and friends. Encourage everyone to bring the kids and plan a weekly walking trip to a special destination.
- Work walking into your everyday life. Whether you're running errands or going to the mall, park as far from the store entrance as possible. Then, when inside, take the stairs instead of the escalator.
- Deciding where to walk can be fun too. If you choose a place (a park, walking path, playground) you all like, you'll be more likely to walk for a longer time and enjoy yourself.

