



# FAMILY HEALTH HANDOUT: PHYSICAL ACTIVITY A WALK A DAY



## MAY HEALTH CHALLENGE

Walk with a friend  
or family member  
every week.

## WALKING WORKS

- Walking is a simple, safe, and effective way to get exercise.
- Walking has proven health benefits:
  - controls weight
  - conditions heart and lungs
  - strengthens bones
  - relieves back pain
  - improves mood
  - lowers risk of heart attack, blood clots, type 2 diabetes

## START WALKING TODAY

- Start by taking a short stroll.
- Swing your arms and breathe deeply.
- Be sure you can talk while walking. If you can't talk, you're walking too fast.
- Forget about speed.

## MAKE IT FUN

- Listen to lively music.
- Walk with a friend or family member.
- Explore new routes – around the neighborhood, an outdoor track, mall, hiking trails, and stairs.
- Each day try walking more steps and more minutes.
- A pedometer and walking log can add some motivation.
- Make it a challenge to see who can get the most steps in a week.

## MAKE IT CONVENIENT

- Keep walking shoes handy – by the door or in the car.
- Fit walking into your everyday routine.
- Park farther away and walk to your destination.
- Take the stairs when you can.
- While waiting – walk around the field during your child's sports game or practice.
- Walk in place while you chat on the phone.
- Instead of sitting and talking, invite family members to talk while you walk!



## 4-H FAMILIES ONLINE

<https://letsmove.obamawhitehouse.archives.gov> will get you moving with a free healthy family calendar.

To find West Virginia hiking trails near you, check the Web ([www.wvtrails.com](http://www.wvtrails.com)).