

# Step into Fitness: WALKING CHALLENGE

Congratulations on taking the first step to improve your health by joining this virtual walking challenge! Walking is an easy way to start and maintain an active lifestyle. This newsletter provides you with tips to help you collect challenge points and enjoy walking as part of your daily routine.

“You can’t change your past, but you can change your future.”

-Anonymous



Adults need a mix of physical activity to stay healthy.

#### Moderate-intensity aerobic activity\*

Anything that gets your heart beating faster counts.

at least  
**150**  
minutes  
a week

AND

#### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least  
**2**  
days  
a week



\* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, do what you can. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

## GETTING STARTED

Here are some tips to make walking a part of your daily routine.

### BRING FAMILY

- Walk with a family member or friend.
- If you have small children, put them in a wagon or stroller. Bring along water and a healthy snack for you and your child.
- Walk with a pet.
- Make a scavenger hunt or play games. Tell jokes and share stories. Find ways to make your family walk fun.

### BE PREPARED

- Wear comfortable and supportive walking shoes.
- Keep a pair of walking shoes in the car or at your desk at work.
- Mark a walking date on your calendar.

### DETERMINE YOUR ROUTE

- Walk in your neighborhood, around the parking lot of your worksite or faith community.
- Look for a safe place to walk in your community like walking trails, sidewalks, or local parks.

### SET A TIME AND PLACE

- When at work, walk during your work breaks or at lunch.
- Start slowly. Begin by walking ten minutes at a time.
- Bring a watch or cell phone to keep track of your time.
- Download a free cell phone application to keep track of your steps and distance.

### STAY POSTIVE

- Starting a new routine can be difficult at first, but remember that every step you take is a step towards improving your health!

## BE SAFE, STAY ALERT

Avoid dark areas and overgrown trails. Use crosswalks or intersections when crossing the street. Wear reflective clothing or carry a flashlight when walking in the morning or at night.

### For more information:

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