

# STEP INTO FITNESS WALKING CHALLENGE

## THE FINAL LAP

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.

### FITNESS FACT:

Regular physical activity helps boost your immune system.

- When you move your body you are allowing your blood and lymph flow to increase through exercise. This allows your white blood cells (immune cells) to circulate through your body more.

**EVERY DAY IS  
ANOTHER CHANCE  
TO GET STRONGER  
TO EAT BETTER  
TO LIVE HEALTHIER  
AND TO BE THE BEST  
VERSION OF YOU**



## The Power of Your Brain After Walking

Walking has major benefits for the brain. By increasing the oxygen levels your brain is able to think more clear and precise. Walking also allows your brain to enhance your mood. The hippocampus of the brain is for learning and memory. As you age it begins to shrink. Studies show that aerobic exercise like walking increases the size of the hippocampus.

## Take a Look Inside Your Pantry

*Finding the motivation to cook a meal at home isn't always easy. The simplest way to make healthful cooking a breeze is to have the right items on hand.*

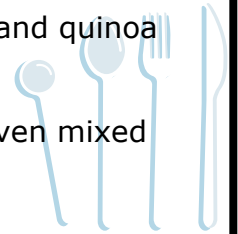
**Canned Fish or Chicken-Canned** light tuna or chicken can be a go-to for sandwiches.

**Canned Beans** - With canned beans, you can have a meal in minutes. Make a salad with mixed greens, beans and veggies.

**Canned Fruits and Vegetables** - Look for items with no added sugars

**Whole-Grain Pasta** - Brown rice, sorghum and other whole grains like couscous and quinoa are healthy and versatile.

**Nuts, Seeds & Nut Butters** - Nuts are fabulous in salads, stir-fries, breads and even mixed into yogurt.



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**Myth: You have to walk 10,000 steps daily to benefit**

**Myth: Power walking is the only way to get results**

### WALKING MYTHS DEBUNKED

**Myth: Walking is for people who can't run**

**Myth: Walking isn't effective for weight loss**

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## KEEP THE MOTIVATION GOING AFTER THE CHALLENGE ENDS



- INCLUDE YOUR FAMILY AND FRIENDS IN YOUR JOURNEY.
- MAKE IT ENJOYABLE: WEAR YOUR FAVORITE WORKOUT FIT, ADD MUSIC !
- MAKE PHYSICAL ACTIVITY A PART OF YOUR DAILY ROUTINE.
- RE-EVALUATE YOUR GOALS : HAVE YOU ACHIEVED THEM ? SET NEW GOALS!
- FIND YOUR "WHY" FOR WORKING OUT AND FOCUS ON IT.