



Walk It Off

CHALLENGE

Walk daily to improve your health

Requirements to complete this HEALTH CHALLENGE™

1. Read “Walk It Off.”
2. Create a plan to make walking a regular part of your day.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Illinois-resident Lynn Kata stepped on the scale 40 pounds overweight, she knew some things had to change.¹

Soda, sugary drinks, and fast food were a regular thing. And exercise? Not so much.

But she was determined to get healthy. She started making better food choices. Then she decided to give exercise a try.

“I started walking every morning,” says Lynn. “Each day I went a little farther and faster until I was walking about three miles each time.”

At first, it just felt like a lot of work. But little by little, she started to see results.

Looking for an easy way to improve your health? It starts by taking the first step. Take the month-long health challenge to Walk It Off.

Walking for good health
<https://tinyurl.com/ycdsz48e>

Walk This Way & Take the Quiz

How much do you know about the health benefits of walking?



- | | T | F | |
|----|--------------------------|--------------------------|---|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | Walking can help strengthen bones and improve balance. |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | Walking 60 minutes a day for a year would burn about 146,000 calories or about 40 pounds. |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | It would take about 30 minutes of brisk walking to burn off the calories in a donut. |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | Walking can help reduce the risk for heart disease, diabetes, poor bone health, and depression. |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | Less than half of all adults in the U.S. get at least 20 minutes of aerobic exercise a day. |

How did you do? The average adult only walks about 3,000 to 5,000 steps a day, which is typical if you're not very active. As for the donut, you might want to think twice before you eat another one. Walking is a low-impact and low-cost way to improve your health, prevent disease, and live longer.² And you can start...right...now.

Answers: 1.True, 2.True, 3.False, 4.True, 5.True.

The Wonder of a Daily Walk: Here's What Can Happen...

Do you think you can make walking a regular part of your day?

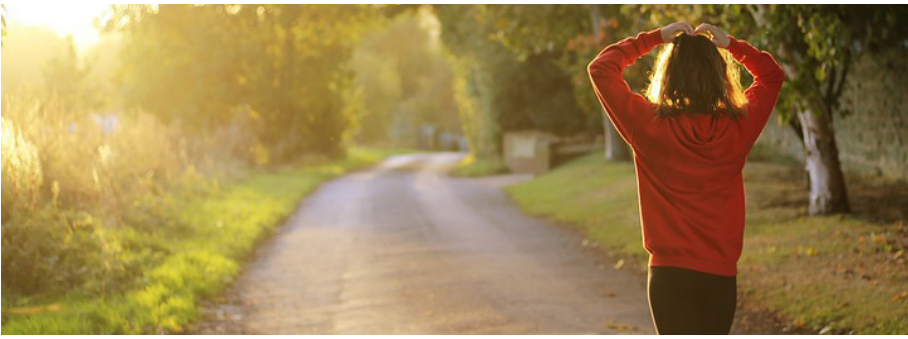
At first, Lynn wasn't sure. She struggled to walk daily, eat healthier, and adopt this new routine. And then something started to happen.

“I was thrilled to see that the weight began to slowly go down day by day,” says Lynn. “It felt good to be outside. My mental health was benefitting, too. And I really started to see my body change.”

After about a year of consistent effort, Lynn lost those 40 pounds. And now she's on a mission to help other people.

“I hope my fitness journey will inspire other people to take back their health,” says Lynn.

Want to lose weight, reduce stress, and lower your risk for chronic disease?³ Walk the path to better health.



Walk Every Day: 9 Tips to Make It Happen

Wondering how to make walking a regular part of your day? It's not as hard as you might think. Aim for at least 20-30 minutes of walking each day (break it up if you're short on time).

Here are some easy ways to walk more and add more steps to your day to improve your health:

1. Track your steps

Use your watch, fitness tracking device or app on your phone to track the number of steps you take per day. Keep a record of how many steps you take. Monitor your activity throughout the day. Fit in an extra walk if you need to so you can meet your goal. Aim for at least 10,000 steps a day.

2. Take the stairs

Skip the elevator or escalator, and take the stairs. If you're working at home with stairs, walk to deliver a message instead of yelling.

3. Park far away

Got a shopping trip planned? Forget about trying to find the closest spot to the front door. Park far away, and walk. You'll add more steps to your day, and save time and stress trying to find a parking spot.

4. Schedule walk breaks

Let's face it. We're all busy. And if you don't make time for walking, it's easy to forget. So schedule it. Put it on your schedule. Your health depends on keeping this appointment.

- Take a morning and afternoon walk break.

100 ways to add 2,000 steps a day <https://tinyurl.com/y9zdg4k3>

- Fit a walk break in during your lunch hour. Or take a walk after dinner.
- Pick up the pace a few minutes at a time for added health benefits.⁵

5. Use a treadmill

If the weather stinks or you have other reasons for not walking outside, get on a treadmill.

You might have one at home, the gym, the office, or even at a hotel when you're on the road.

6. Walk & talk...without your phone

At home you might yell from room to room. At the office, probably not. But you might send a co-worker an email or text. Either way, you'll get more steps by taking a short walk to deliver the message in person.

7. Move more, sit less

Add more steps to your day by pacing around. Think about how often you're sitting, when you could be moving: brushing your teeth, waiting for an appointment, on the phone, etc.

8. Walk with someone

It's all too easy to hit the snooze button for an early-morning walk, or skip out because you're "too busy." But if you go with a friend or group, you're a lot more likely to get your steps in.

Starting a walking program <https://tinyurl.com/y9c8lewt>

9. Host a walking challenge

Are you game for a little competition? Challenge your friends, co-workers, or family members to walk more, too. Keep track, and encourage each other to hit their daily steps goal. You could even share your progress on social media.

15 Health Benefits of Walking

If you've been thinking about taking action to improve your health, walking is one of the easiest ways to start. Why? It doesn't require any special skills, a gym membership, or expensive equipment. Just lace up your shoes and go.

Research shows that walking can help:⁴

1. Lower blood pressure
2. Build muscle strength
3. Improve balance
4. Boost energy levels
5. Develop aerobic or cardiovascular fitness
6. Lose weight or maintain a healthy weight
7. Improve sleep patterns
8. Control blood sugar levels
9. Improve cholesterol levels
10. Reduce risk for heart disease and stroke
11. Strengthen bones
12. Lower the risk for certain types of cancer
13. Decrease stress
14. Reduce anxiety and depression
15. Help you live longer



References

1. Karp, J. (2020). Lose It Forever: The 6 Habits of Successful Weight Losers from the National Weight Control Registry. Mango Publishing Group. From: <https://tinyurl.com/3e5awp6t>
2. Harvard University. (2023). Step up your walking game. Harvard Health Publishing. From: <https://tinyurl.com/yf7kt5n2>
3. Olafsdottir, G., et al. (2018). Health benefits of walking in nature: A randomized controlled study under conditions of real-life stress. Environment and Behavior. From: <https://tinyurl.com/yb8ztqgh>
4. Harvard University. (2023). Walking for exercise. The Nutrition Source. From: <https://tinyurl.com/29fuhcxj>
5. Masuki, S., et al. (2019). High-intensity walking time is a key determinant to increase physical fitness and improve health outcomes after interval walking training in middle-aged and older people. Mayo Clinic Proceedings, 94(12): 2415-2426. From: <https://tinyurl.com/ybw8eqdl>



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Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Record the number of days you walk at least 20-30 minutes a day.
3. Use the calendar to record the actions and choices you make walking a regular part of your life.
4. Review your progress at the end of each day, week, and at the end of the month. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™ ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	
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_____ Number of days this month I walked 20+ minutes

_____ Number of days this month I did other types of physical activity besides walking

Other wellness projects completed this month:

Name _____ Date _____