

WELLNESS WALKS



Grab Those Sneakers!

Sometimes we could use a little inspiration to get us moving towards our goal. If you're not feeling motivated to move or you need an activity for rest day, try one of the ideas below!

MONEY COLLECTOR WALK

Focus on walking until you find a coin. Walking with your mind on something promotes stress relief. Keep at it and start a coin jar to see how much you can collect. Treat yourself to coffee or a healthy smoothie when you've collected enough!



BACKWARD WALK

It feels awkward and can be a bit challenging, but it burns 25% more calories than walking forward. It also develops muscle in the hamstrings and calves. More muscle means an improved metabolism, greater body stability, less injury, and stronger bones. Do 1-minute intervals and gradually increase.

POST-MEAL WALK

Remember being told, 'wait 2 hours after eating to swim?' Well, wait only a few minutes before walking! Walking post-eating is an excellent way to kick-start the digestion process, manage blood sugar levels and improve sleep.

BURN RUBBER WALK

Walk fast and swing those arms! Intense walking can help ward off frustration and blow off some steam. Up the intensity and tackle some hills or climb stairs quickly.

GRATITUDE WALK

Enjoy a quiet walk with your thoughts and focus only on what you're grateful for. Don't let anything else in! Practicing gratitude while you walk boosts the stress-relieving benefits of exercise.

MEDITATION WALK

You don't have to sit down to meditate! Before you begin, stand erect and place a hand on your stomach. Breathe deeply for 2 minutes. Begin walking with your arms swinging like pendulums. Think of nothing but your rhythm and breath.

Sources: Ten Minute Meals, Five Minute Workouts. Darcy Williamson, Robert Sweetgail, Pat Zak, Ph.D
www.bestfoodfacts.org/exercise-burn-calories/ | Images from Freepik.com