



I WILL

Stay on Course

? Did you know? Golfers who carry their clubs around the course average about 100 steps per minute. Walking 2 hours, in between driving and putting, could reach 12,000 steps!

Stick-With-It Tricks

You want to walk, but how do you stay motivated? First, use a journal to track the time and length of your walks and note the positive results, such as better sleep or energy. When interest slips, read your journal to spur your enthusiasm. Wear a pedometer and find ways to add steps all day long. Walk with a buddy or group and change your routes occasionally for variety.

Tip: Do a “walk across the states.” Pick a walking trail on a map, measure the distance, and walk the same number of miles in segments as you stride from coast to coast.



healthy



strides

A WALK-FOR-WELLNESS PROGRAM™

“TO IMPROVE IS TO CHANGE, TO BE PERFECT IS TO CHANGE OFTEN.”
WINSTON CHURCHILL, BRITISH PRIME MINISTER