

Walk regular **routes** from the opposite way and see if you notice anything new.

Break up longer walks with 10 lunges, jumping jacks, crunches or squats.

2



HEALTHY TOP TEN

Pick up the **pace** at regular intervals with 2-3 minutes of faster walking.

4

Add **rhythm** by walking to your favorite songs on your mp3 player (but keep the volume low and your eyes and ears open for safety).

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Get More from Your Walking Workouts

Find a **fellow walker** farther ahead and aim to pass.

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Incorporate **strength training:** use light hand weights with your doc's OK.

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Find a **new place** to walk once a month.

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Add hills or take the stairs whenever possible.

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Set out to break a **record** every month and do it!

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Celebrate your progress: Track your steps, distance and time walked in a journal.

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