

TIPS FOR STARTING WALKING *

- ^ Begin with just ten minutes. Increase your time walking as you feel comfortable and motivated to do so.
- ^ Walk to work, school, the store, or church.
- ^ Call a friend to walk with you. When you set up an appointment, you are more likely to follow through.
- ^ Park the car farther away from your destination.
- ^ Get on or off the bus several blocks away.
- ^ Walk the dog. Look on Rover as a walking machine with hair.
- ^ Walk 10 minutes three times a day. Walk the dog in the morning, take 10 before or after lunch, and walk around the block a few times before you get back into your car at the end of the day.
- ^ Walk the kids to school once each week.
- ^ Take a walking break, instead of a coffee break.
- ^ Cut your grass with a mower that you push or follow.
- ^ Use leg power – take small trips.
- ^ Walk on the treadmill while watching TV or making phone calls.

* As adapted from Promoting Physical Activity, a guide for community action. USDHHS, Human Kinetics, 1999.