

Stepping Toward Beijing

Tip for Week 3

Strategies for Extra Steps

NEW-LIFESTYLES challenges you to start maximizing opportunities in your life to move more. Small changes can add up to large increases in your daily activity level. Here are just a few ideas to get you started:

- ❑ Park in the farthest space from the store or mall.
- ❑ Walk, run and play actively with your children or grandchildren.
- ❑ Mow your yard using a push mower.
- ❑ Take a walking break instead of a coffee break at work.
- ❑ Take the stairs instead of the elevator.
- ❑ Hide your remote and change channels the old-fashioned way.
- ❑ Put on upbeat music while you clean your house.
- ❑ Better yet, find your own rhythm and move to the hum of the dishwasher or clothes washer. Clean your kitchen and get some extra steps as the machines do the "dirty work!"
- ❑ Take up dance — ballroom, clogging, you name it. Most of us love music, and it's fun!

Source: Newlifestyles.com

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## Tip for Week 1

### **Safety First**

Walking outdoors is a great way to enjoy the spring weather while getting your exercise at the same time. Take note of the following safety rules to keep your outdoor walks trouble-free and enjoyable.

- ❑ Always walk in the direction of oncoming traffic and try to wear bright or reflective clothing. Drivers may not be on the look-out for walkers, so making yourself visible is crucial.
- ❑ Walk with a friend or training partner. This not only increases your safety but also provides you with extra motivation and competition.
- ❑ Carry an ID and cell phone in case of an emergency.
- ❑ Try to vary your route and the time of day that you walk. This will keep you safer and make your walk more interesting.
- ❑ Finally, leave the headphones and MP3 player at home. It's important to be alert to your surroundings such as traffic, dogs, or the sounds of other people around you.

Source: *In Shape Indiana*