

MAINTAIN DON'T GAIN

Week 4: Get up, get out, get moving!

Get active to reach your weight goals

Walking is a great way to get fit because it doesn't require a fancy gym membership or sports gear—just one foot in front of the other. And you can go at your own speed and do it almost anywhere and any time, from your lunch break at work to your holiday stay at the in-laws.

Walking gets your heart pumping, which is good for your circulation and keeps your metabolism active, which can help you manage your weight. In the winter, the dreary weather may make you want to stay in, but walking knows no limits. You can walk inside at places like the mall—while you're doing some holiday shopping, perhaps? And don't forget to take the stairs at every opportunity.

Your challenge: Walk 30 minutes a day for at least five days of the week.

Your tips:

- Buddy up: Get a friend or family member to walk with you to make it fun.
- Explore: Look for a new walking path or park you've never been to.
- If possible, don't just run your errands—walk them.



- Walking is considered a weight-bearing exercise that helps build strong bones. All the more reason to step up to the challenge.

Your link: Join the movement and get a whole group walking. Get ideas at everybodywalk.org.

Monitor your progress with your weekly personal tracker, and celebrate a healthier you.

CLICK HERE
TO BUILD A
WALKING ROUTINE