

Focusing on:
Setting Your Goals

Time to Step Up

What to expect

The health benefits of walking have been proven over and over again. In fact, an eight year study of 13,000 people found that those who walk 30 minutes a day had a significantly lower risk of premature death than those who rarely exercised. So what? It's doable!

In addition to lowering the risk of premature death, a regular walking program can help:

- Reduce bad cholesterol
- Lower blood pressure
- Increase bone strength
- Maintain a healthy weight
- Reduce stress
- Maintain high quality of life

Ultimately...

We want you to walk a total of 10,000 steps throughout the day or set aside 30 minutes for walking EACH day. Once you've done this, you'll have met the national standard for physical activity. Don't stop there – see how far you can go!



SMART Goals

Obviously the benefits of walking are plentiful, but it is unrealistic to expect to see changes overnight. Keep this in mind as you set SMART goals.

Specific – know exactly what you want to do

Measurable – putting a number on your goal will help you know when you've reached it

Achievable – it's your goal so you should be able to reach it

Realistic – your goal should be challenging, but doable with what you have (time, resources)

Timely – a start and end date will start you up and keep you going

How do I get there?

Tips to help you reach your goal
You've set your goal. Now what?
A little sweat and a lot of
determination will help you reach
your objective.

1. **Start small.** Begin walking short distances. Start with 5 minutes at a time and gradually from there.
2. **No need to speed.** Walk at a comfortable pace, maintain good posture, keep your head lifted and shoulders relaxed. As you progress, you'll feel more comfortable going a little faster.
3. **Strut your stuff.** Swing your arms naturally and breathe deeply.
4. **Talk the talk.** If you can't talk while walking, you may be going a little too fast.
5. **Log in.** Start a log to keep track of your progress. Even if you're starting slow, you'll see your improvement over time – both physically and on paper!

For more walking tips, check out the National Institutes of Health website, www.niddk.nih.gov/health/nutrit/pubs/walking.htm#firststep

This Week's Challenge

Recruit a friend or co-worker in your efforts to be more physically active.

Five Questions:

Here are five questions to ask yourself as you move through this walking program.

1. What are three reasons you'd like to be more physically active?
2. What are the results you'd like to see 12 weeks from today?
3. If there was one thing you could do (that you're not doing right now) that if you did it on a regular basis, you know it would make an impact on your health and wellness, what would it be?
4. What results would you like to see in 6 weeks?
5. What are some barriers that you might need to overcome in order to reach your goals?

Refer to these questions and your answers throughout the program. Make additions and changes as you progress and develop new strategies to meet your goals.