

Group Walking

Good for You, Good for Them

One of the great things about walking is that it's perfect for any number of people to do together. Plus, walking doesn't require much individual athletic effort.

This fact alone has prompted numerous local and national organizations to use walking as a way to get people involved. Participating in such activities is a great way to support a worthy cause and stay physically active.

For example, "Race for the Cure", sponsored by the Susan G. Komen Foundation, raises awareness about breast cancer. This event is held in more than 100 U.S. cities each year. For more information, visit www.raceforthe cure.com.

An Appetite for Exercise

If you're hungry for more physical activity programs, you might want to consider



contacting your local YMCA or Jazzercise, where a variety of fitness classes are offered. Not only will you be getting the physical activity you need, you'll be creating opportunities to meet new people and make new friends who share your interest in being healthy.

Make It a Group Thing

Walking solo is always an option, but sometimes group physical activity can add some fun and variety. Try these suggestions to getting others in on your walking routine:

- Walk with your dog – a pet can be great company while you workout.
- Walk with family – walking is a great outdoor activity that can involve all family members.
- Walk with friends – lots of people have tennis buddies, why not have a walking buddy? You can set dates for early morning, evening and even weekend walks.
- Walk with co-workers – if you walk during your lunch breaks, morning or afternoon breaks, etc., ask a co-worker to join. You may even create a great brainstorming session.

This Week's Challenge

Bike your routine.
If you own a bicycle,
try biking your normal
walking route,
and then some.

Five Questions

1. What's the longest amount of time you've stuck with one physical activity program? What did you like about that program? What caused you to abandon it?
2. Would you like to modify any other lifestyle behaviors in the near future?
3. Have you made new friends or acquaintances as a result of becoming more physically active?
4. Do you have an improved vision of your self-image or self-esteem?
5. Have you been able to let go of negative behaviors and move forward without them?