

Let's Walk

MINNESOTA

Walk toward better health

4 TIPS

TO BE SUCCESSFUL AT WALKING



Mix it up.

Choose different places to walk to keep it interesting. Find all the parks in your area and make a plan to visit each one. With 10,000 lakes to choose from, there is probably one nearby. Choose a different neighborhood or walk around a school track or ball field.



Track your progress.

Pin a calendar up or write in your walking diary and write down your walking minutes. Tracking your walking helps you stay focused and see your progress. Some people find it rewarding to write down what they have accomplished. You can also write down what things are helping you to keep walking.



Find a buddy.

Walking with someone makes time fly, helps you feel safe and helps you stay committed. Ask a friend, coworker or family to walk with you. Look for a local walking group. And don't forget that a furry friend counts as a buddy.



Plan ahead for success.

Schedule a time each day to walk. Having a scheduled time helps you to be successful. Is it raining, too hot, or cold? Look for other places to walk. Many malls, grocery stores, big box stores and schools allow you to walk indoors, or march in place at home. Feeling achy or tired? Take a shorter walk.