



## Walking Challenge Week 1

Walking provides a number of health and wellness benefits. At the most basic of levels, walking provides a workout for our muscles and bones. Our bodies are designed to be used and when we fail to make exercise a priority our overall wellness can suffer.

The most visible part of your life impacted by a regular routine of walking is what everyone sees...your body! Walking not only improves our stamina and tones muscles; it can assist us in losing weight. As you walk this week, pay attention to these things:

- ✓ Are you up and around more? Are you choosing to go for a walk instead of watching a television show or participating in other sedentary activities?
- ✓ How are your breathing and heart rate? Do you sense that you are exerting yourself? Is there any change in your perceived exertion from the beginning of the week until the end?
- ✓ Is walking assisting you with other physical activities? Are you using it as a warm-up or cool-down for weightlifting or another physical activity?
- ✓ Are you walking to aid in losing weight?
- ✓ Has walking inspired you to make healthier nutrition choices?

### Recognition

**Walking is important for my body because (check all that apply):**

- It reduces the amount I sit each day.
- It increases my cardiovascular endurance.
- It complements other exercises in my routine (lifting weights, yoga, Pilates, etc.)
- It is helping me lose weight.
- Other: \_\_\_\_\_

### Appreciation

This week, walking has made me feel:

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