



April 2017



Walk Your Way to Better Health

Make the most of your walk any time! There's no one right time of day to get moving. Follow these tips whether you walk morning, noon or night.

Like to walk as soon as your feet hit the floor?



Congratulations! You're getting your day started right.

- The night before, get your walking clothes and shoes ready so it's easy to put them on and head out the door.
- An iPod or other portable music device programmed with up tempo music or set to your favorite radio station can keep you moving at a brisk pace. Just make sure you can still hear traffic.
- Stretch your calves and hamstrings at the end of your walk. Watching a morning news show or check your email while stretching.
- If it's dark, wear clothing with reflective stripes so motorists can see you.

Would you rather eat and run?



- Schedule your lunchtime walk in Outlook or your work calendar. Think of it as an important appointment.
- Keep everything you'll need for walking at work. This way you won't find yourself saying "I forgot my shoes. I can't go."
- Recruit some colleagues to join you. You can keep each other on track.
- Depending on your walking pace, the weather and how much you sweat, you may be able to wear your work clothes and switch to athletic shoes. Or you may prefer to slip on a t-shirt. In cooler weather, you might need a jacket, hat or gloves. If you're walking briskly, you'll heat up after about 10 minutes, so don't overdress.
- Bring a healthy lunch or pick a route where you can grab a sandwich at the end of your walk. (Stop by your worksite vending machine or micro market and look for *The Right Choice For A Healthier You*™ heart apple logo for guaranteed nutritious selections!)

Is walking after work more your thing?



- Have a light snack around 4 p.m. so you don't experience a late-day energy dip and talk yourself out of walking. Try yogurt and a handful of almonds or an apple and an ounce of cheese.
- Pick an area that's not heavily trafficked since rush hour can increase air pollutants.
- Walk tall and do some backward shoulder rolls to relieve stress.
- If it's dark, wear clothing with reflective strips so motorists can see you.

Source: American Heart Association