Walk Around the REZ

A Simulated Virtual Walk

Walk Your Way to Wellness

20 Tips to Keep You Walking Around the REZ

It's not always easy to get in the steps that will help you realize the many health benefits of a walking program such as 'Walk Around the REZ'. Here are a few tips to get you started. Be sure to add your own ideas and be

1. Whenever possible, take the stairs instead of the escalator or elevator.
2. Walk to your favorite local coffee shop.
3. Make walking a family outing. It's a good time to talk, connect and enjoy your family's company.
4. Take the dog for a walk each day.
5. Park further away in parking lots to add extra steps.
6. Take your little one for a walk in the stroller. The added effort of pushing the stroller will burn extra calories.
7. Go to the mall for a walk on rainy days.
8. Don't let weather discourage you. When it's chilly outside, your body will actually burn more calories to keep you warm.
9. Keep a brisk pace while walking, bend your arms at a 90-degree angle and swing them forward as you walk to maximize the calories you burn.
10. Take a walk about three hours before bedtime to help you sleep and rest better.
11. Take a walk break at work. Getting some exercise will help you handle work-related stress as well as keep a good supply of oxygen to your brain, increasing your focus and concentration.
12. Rather than email a co-worker, take a short walk to their desk.
13. Make a regular appointment to meet and walk with a partner or group—encourage one another in the process.
14. Join a fund-raiser walk. It's a great way to add steps and do something good for your community.
15. Vary your walking. Try taking a hike down a new trail, add elevation or a different terrain. Remember, your feet can take you places a car can't go.
16. The next time you need to run a nearby errand, grab your shoes instead of your car keys.
17. Walk in the morning before work and enjoy the sunrise or after dinner and enjoy the sunset to put you in a relaxed state of mind.
18. When doing an ordinary activity like warming something up in the microwave, march in place for 30 seconds or more and get in some extra steps.
19. When changing a channel on the television, get-up instead of grabbing the remote.
20. Try making your walk a meditation and time to reflect and get centered.

Add your ideas here:

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