



Tips to Walk the Weight off.....



1. **Be consistent.** Set a goal to walk so many minutes each day. Start where you can, 15 minutes is better than nothing.
2. **Break up the time if needed.** If you are unable to walk for 30 minutes all at once, break it up into 3 10 minute walks during the day.
3. **Walk briskly.** The quicker you walk the stronger your heart gets and the more calories you burn.
4. **Use your arms.** Moving your arms allows you to burn more calories.
5. **Trying to walk faster, shorter strides are the key.** Too long of strides (step length) may cause you to become injured. Keep your stride the same no matter what your walking speed is.
6. **Drink fluids throughout the day.** You will feel better on your walk if you do.
7. **Get a pedometer.** This is a step counter. This can be very motivating to you. Keep track of your daily steps, then gradually increase up to 10,000 steps per day.
8. **Walk with a friend or relative.** Having a buddy to walk with. Don't pick someone who might encourage you to skip your walks..... but someone who would be excited to walk with you.
9. **Keep a walking log.** Each day, write down how many minutes you walked. See how much you improve each week.
10. **Sign up for a local 5K Walk (3.1 miles).** You should pick one that is in your area and about 3-4 months away, so you can start training. This is a great motivator. You can find out about these events at a local running shop or online at www.runmichigan.com

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