Get Up & Move!
Step It Up – More Every Day!

Walking is a great way to increase your physical activity every day. Make sure you talk with an adult about where you are walking and the best routes to take.

You probably have many ideas about places you can walk, and ways you can increase the number of steps you take every day. Here are some ideas:

- Walk to school every day
- Walk your dog, or offer to walk a neighbor’s dog
- Practice walking backwards – just be careful you don’t trip
- Ask your parents to park farther from the building in parking lots
- Walk to a friend’s house instead of asking for a ride
- Walk up and down the stairs at home. Make it a game by going to the top and back down, then to the top minus one step and down, then to the top minus 2 steps and down, etc.
- Walk to an older neighbor’s house to say hello or to see if they need help with any projects or chores.
- Set a time when you are playing (or working) on the computer or video games so you can take a break and move every 15 minutes. Go for a quick jog or walk twice around the house or block.
- While watching television, use the commercial breaks to see how many steps you can get in before the show starts again.
- Help your parents when you go to the grocery store. Take part of the list, find the items and bring them back to the cart.
- Unload the groceries with fewer bags at a time for more trips.
- Limit the amount of time that you spend watching television or playing computer games to NO MORE than one hour per day.
- Take a walk and don’t stop until you find a penny.
- Go for a five-minute “family walk” after dinner.

What other ideas can you add?

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Adapted from WIN Kids Fun Days: It All Counts, WIN Steps, Wellness IN the Rockies, www.uwyo.edu/wintherockies