Get Up & Move!

Family Activity  Series 1:  October

Walking
This month you have learned how walking can be a great activity to do with friends and family. This month’s family activity will give you and your family the opportunity to organize a walking club with other families in your neighborhood. Your walking club can then organize a walking competition to see which family can log the most steps during the month. Each family should be encouraged to log the amount of time they spend walking every day during the month. Another option is for families to purchase pedometers to keep track of the number of steps each member takes everyday. You might be able to get pedometers donated by a local hospital or health department. You can decide to count time spent being active or the number of steps taken every day.

Participating in a walking competition can be a good way for your family to talk about the importance of being physically active every day. Before the competition begins, you might want to talk with your family about ways that you can get more steps into your day. Your family might want to set goals for how many steps you want to take during the month. At the end of the month your family can see if you met your goal. Below are a few ideas of how you and your family can increase the amount of steps you take, no matter where you are or what you are doing!

At Home:
- Do housework, including cooking, cleaning, tending a garden, or mowing the lawn
- Go for a short walk before breakfast, after dinner, or both!
- Walk or bike to a nearby store instead of driving (park farther away if you must drive)
- Walk or jog in place while watching TV
- Stand up and walk around while on the telephone

At Work:
- Brainstorm ideas with a co-worker while taking a walk
- Walk to someone’s office to speak with them instead of sending an email
- Get off a bus a few blocks early and walk the rest of the way to work or home
- Walk around your office building or neighborhood on breaks or at lunch

At Play:
- Plan family outings that include walking (hiking, backpacking, etc.)
- Walk or dance to music
- Play games at a picnic

Source:  (www.americanheart.org)