Get Up & Move!

Community Activity  Series 3:  March

Aerobic Activity

As you learned at this month’s meeting, walking is a great way to Get Up and Move! Walking on your own is great for exercise, but why not use it as a way to provide service to others while getting your exercise?

This month, volunteer your services as a dog-walker! Many neighbors and friends would love some help keeping their dogs exercised and wouldn’t you love to make a new, furry friend? Be sure to ask the owners of the dogs you walk about the dog’s temperament and if they have had all of their shots! Only walk one dog at a time unless the owners tell you otherwise because not all dogs walk well in a group!

Another activity you can do this month is talk with a community member who you think does a lot of aerobic activity. You can interview an aerobics instructor at a local gym, a postal worker who walks to deliver mail every day, a P.E. teacher, or anyone else that gets his or her heart pumping every day! Find out what benefits he/she has gotten from being physically active and how he/she feels.

Is there a senior citizen that would love to take a walk? If so, invite him or her to join you in a short, leisurely stroll! Tell each other your favorite things about springtime and the warm weather!