

A HEALTHY YOU: THE VALUE OF A DAILY WALK

At the end of this session, students should be able to:

- Explain why daily walking exercise is a healthy habit to have and how it is done

WHAT DO I NEED?

- Pedometer
- wearing appropriate footwear
- bottle of 8-16 ounces of water

FLOW:

- It's recommended that individuals take at least 10,000 steps each day for exercise, which can be easily measured by a pedometer.
- Find a good place to walk. Generally, the locations for walking have a flat terrain, straight path, smooth surface and minimal traffic.
- Make an exercise playlist. It may help to have music playing as you take your walk, especially if you are easily bored from low-key activities.
- Set reasonable expectations for your progress. If you have been sedentary for a long period of time, you will want to start out slower and aim for shorter distances.
- Develop a strong mental attitude for "slow but steady" exercise. Don't expect to see fast results.
- Hydrate well before you begin walking. Make sure you have consumed at least 8-16 ounces of water an hour before you are about to walk.
- Pick an easy first walk. If you feel comfortable in extending the walk past what you initially set, go for it!
- Set a time. When you first start walking, decide how many minutes you will walk. Choose a length of time you know you can make.
- A 10-minute routine for busy days and an indoor option for rainy weather

FACILITATOR NOTES:

- Can be done indoor or outdoor
- This is not just for the purpose of exercise. It is important for your health and extends your life span.
- But also, brainpower Booster. It helps extend your mental and intellectual capacity.
- It is also a stress reducer.