

NENCPPH Regional Walking Challenge

Week 2 Newsletter

Welcome to week 2 of the Regional Walking Challenge!

Walking is a low impact activity that is not only good for your joint health, but also helps to relieve stress, reduce anxiety, improve sleep, and increase your ability to focus.

Walking 30 minutes a day, most days of the week, can help decrease your chance of diabetes, heart disease, and stroke.

Keep up the good work by taking steps to better health.



Track Your Steps

Remember to keep track of your steps each day and share them with your team captain each Monday morning.

STEP OUT

Now that walking is part of your daily routine, it is time to step out and explore different places to be physically active.

Enjoy the Natural Beauty of the Outdoors

- Parks and trails are excellent places for walking.
- Consider walking the perimeter of the field or building while your child/grandchild is at soccer practice or ballet.
- Walk in your neighborhood (be aware of vehicles and face oncoming traffic).

Use Community Facilities and Programs

- School tracks are often open to the public for walking if they are not being used for a sporting event.
- Your worksite or faith community might have a walking trail, and if not consider walking around the parking lot (be aware of vehicles).
- If you have a mall or gymnasium nearby, you might be able to walk there
- Participate in fitness activities offered in your community.

Consider the Weather

- Wear weather-appropriate clothing. Dress in layers as it gets cooler.
- For warmer days, slap on some sunscreen to skin exposed to the sun.
- Don't forget to wear sunglasses and a hat for additional protection from the sun.
- Don't let the rain frighten you away – carry an umbrella, or wear a rain jacket with a hood and/or hat.

Entertainment While You Walk

- Listen to music while you walk.
- Walk with a friend or family member.
- Call a friend or family member and virtually walk together.

Remember to stretch!

Stretching improves flexibility, prepares your body for physical activity prior to the activity, and relieves the pressure from tired muscles after the activity. Stretching can also relax muscles for better sleeping.