



# Faithful Families Virtual Walking Challenge

Congratulations on taking the first step to improve your health by joining the challenge! Walking is an easy way to start and maintain an active lifestyle.<sup>1</sup> This newsletter provides tips to help you collect challenge points and enjoy walking as part of your daily routine.

NEWSLETTER WEEK 1

*“There comes . . . a longing never to travel again except on foot.”*

–Wendell Berry, Remembering

## Safety is important!

Stay alert. Avoid dark areas and overgrown trails. Use crosswalks or intersections when crossing the street. Wear reflective clothing or carry a flashlight when walking early in the morning or at night.

Visit [CDC.gov](https://www.cdc.gov) for guidelines on how to stay safe and healthy while walking in public spaces.

## Move More Break



America Walks has helpful guidelines for walking while social distancing. Download their free printable with reminders of how to protect yourself while walking outside.

## GETTING STARTED

*Here are some tips to making walking a part of your daily routine.*

### BRING FRIENDS AND FAMILY

- Walk with family or members of your faith community, but follow social distancing guidelines.
- If you have small children, walk with them in a stroller or wagon. If the weather is warm, consider bringing along water and healthy snacks for you and your child.
- Walk with a pet.
- Consider calling a friend or loved one to catch up while you walk. It will help pass the time and help you stay connected.

### BE PREPARED

- Wear comfortable and supportive walking shoes.
- Store a pair of walking shoes by the door.
- Take a walking break during your workday, whether it's at home or outside.

### DETERMINE YOUR ROUTE

- Walk in your neighborhood, around the parking lot of your faith community, or on school track.
- Look for safe places to walk in your community like walking trails, sidewalks, or local parks. Follow local guidance about whether these facilities are open.

### SET A TIME AND PLACE

- While working, walk during your work breaks or at lunch.
- Start slowly. Begin by walking ten minutes at a time.
- Bring a watch or cell phone to keep track of your time.
- Download a free phone application to keep track of your steps and distance.
- Commit to texting a friend or member of your faith community to celebrate your success or remind each other to walk.

### STAY POSITIVE

- Starting a new routine can be difficult at first, but remember that every step you take is a step towards improving your health!

1. [www.cdc.gov/physicalactivity/walking/call-to-action/pdf/employers.pdf](https://www.cdc.gov/physicalactivity/walking/call-to-action/pdf/employers.pdf)