



Take the “Routine” Out of Walking

Has your walking routine grown stale? Here are some ways to spice up your daily steps:

Make the Most of Your Walk

- Maintain good posture to lengthen your stride and increase your speed
- Wear clothes that allow for a good range of motion, protect you from the sun, and are reflective
- Engage in “mindful walking” by focusing on your breathing, movement, and surroundings
- Make sure to stretch both before and after your walk

Shake Things Up

- If you normally walk in your neighborhood, try a local park or walking trail as a change of pace
- If the weather is bad, walk at a mall, museum, or other indoor space
- Invite a friend to walk with you when your schedules allow
- Make a bucket list of places you would like to visit someday and plan walking tours for each of them



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- Take the **MyWellbeing Profile** to evaluate your physical wellbeing and schedule an appointment with a coach
- Join **Togetherall** to connect with others about exercise, fitness, and health
- Visit the **Discount Center*** to save money on gym memberships, exercise equipment and clothing, and park or museum passes

Quick Tips:

- **Walking a dog is a great way to make sure you get your steps in every day**
- **If you use a treadmill, avoid boredom by watching TV or listening to music**
- **LifeMatters can suggest ways to incorporate more walking into your daily routine**