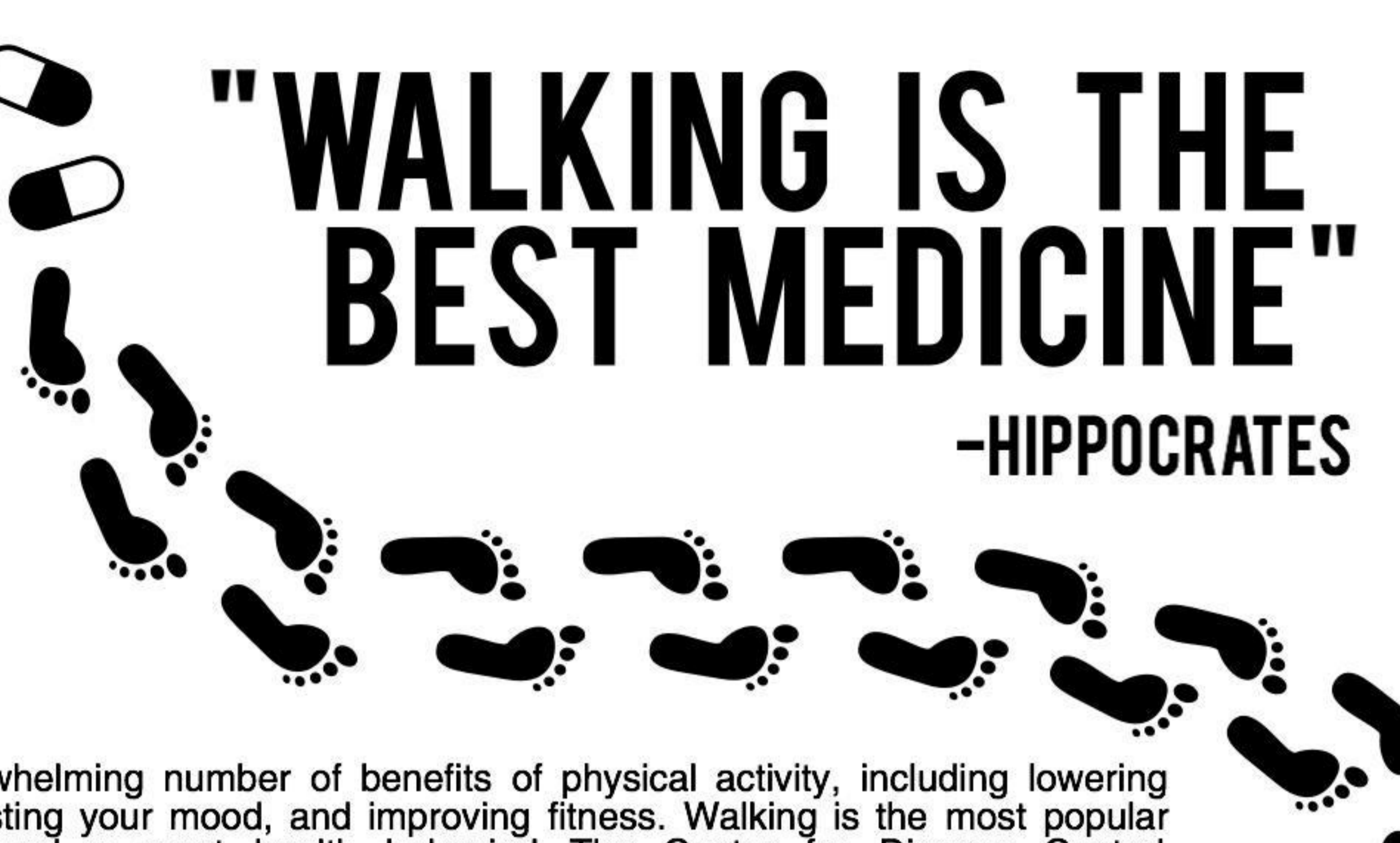




"WALKING IS THE BEST MEDICINE"

-HIPPOCRATES



There is an overwhelming number of benefits of physical activity, including lowering disease risk, boosting your mood, and improving fitness. Walking is the most popular physical activity and a great health behavior! The Center for Disease Control recommends that kids accumulate 60 minutes of moderate-intensity exercise (such as brisk walking) every day. Use a pedometer or a smartphone app to track your steps, and aim to reach 10,000 steps per day. This equates to about 5 miles and will help burn about 300 calories! Take a step in the right direction and use these helpful hints to reach 10,000 steps every day. It really is the best medicine!



Skip going out to dinner and invite everyone for a walk to catch up instead.



Walk with your siblings or parents for extra encouragement.

Take your furry friend for a walk.



Encourage your parents to take a farther parking spot.



Take a walk during your phone calls.



Choose to walk to local errands instead of driving.



Take advantage of recess or take a longer route to class to boost your step count at school.



Ditch the elevator and take the stairs instead.

If you gotta go, you gotta go! But use the bathroom on the floor above or below you. (And take the stairs!)

Save the shipping cost from online shopping and make a trip to the store.



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