

## Indoor Walking

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According to the 1944 duet written by Frank Loesser, “Baby, its cold outside.” This is true in most parts of Nebraska, there are usually some ‘nicer’ days interspersed with those frigid ones that do allow a person to get outside to walk, but what about all those other days that you feel like your face freezes just getting to your car? Have you considered indoor walking? Yes, you can dust off the old treadmill and catch up on some television while walking but what about finding an indoor location near your home that you can walk indoors? Consider these tips to walk indoors.



- Look for a location that you will be able to walk at a comfortably quick pace.
- Possible choices include: office buildings, schools, shopping centers, fitness or community centers, or even your own home. Before walking in a public location ask permission, find out if there is a cost and what hours you can walk. Many communities open public buildings and schools in the winter for walking. If you are walking in a business make sure you are respectful of their customers and employees.
- When using an indoor track check the rules and guidelines for that facility. Some have certain lanes to use and direction to walk around the track.
- Design a walking circuit at your work place or home. Remember going up and down stairs counts!
- Look for EXTRA walking opportunities. For example, when you go to the grocery or discount store, walk the entire perimeter of the store before beginning your shopping. Once you start shopping go up and down every aisle.
- Get up and walk to your co-worker to ask a question instead sending an e-mail or instant message.
- Wear a pedometer or fitness tracker so you know how many steps you have taken and how far you walked.

Walking indoors could help eliminate one stumbling block to achieving your quest of getting in 30 minutes of physical activity on most days of the week.

### Sources:

1. The Inside Scoop on Winter Activities: [http://www.cdc.gov/diabetes/prevention/pdf/PostHandout\\_Session7.pdf](http://www.cdc.gov/diabetes/prevention/pdf/PostHandout_Session7.pdf)
2. Mall Walking: A Program Resource Guide, Centers for Disease Control and Prevention: [https://www.cdc.gov/prc/mall\\_walking.html](https://www.cdc.gov/prc/mall_walking.html)
3. Indoor Physical Activities, Veterans Affairs: [https://www.move.va.gov/download/NewHandouts/PhysicalActivity/P05\\_IndoorActivities.pdf](https://www.move.va.gov/download/NewHandouts/PhysicalActivity/P05_IndoorActivities.pdf)

For more information check out Food Fun on the Run at: <http://go.unl.edu/familyrun>