

Keeping Walking Fun

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Walking is a fun, inexpensive way to include valuable physical activity in your day. It can be done anywhere, at any time. If you don't shake it up a bit, walking may get monotonous. Here are a few ways to break up that routine:

- Walk with a friend if you usually walk alone. Or take your family. It may not be as fast, but others point out things you may not see, and make the time fly!
- Take a different route. See something new. Try watching a movie if you are walking on the treadmill. It will encourage you to walk longer.
- Use a pedometer or fitness tracker. Wearing one all day will be a gentle reminder to keep moving. Parking further away in the parking lot or taking the stairs will help.
- Listen to upbeat tunes on a portable device. Make an energetic playlist to keep up the pace while you are walking.
- Update your shoes and socks. Wearing ill-fitting or worn-out shoes and socks will make your feet sore, and can affect your legs, hips and back. According to the American Academy of Podiatric Sports Medicine, most walking/running shoes need to be replaced every 300-500 miles of use. For example, if you are walking 2 miles a day - your shoes will need to be replaced about every six months.
- Keep a walking journal. It is motivating to see how far you have come--and helps you set goals.
- Hydration is important. Carry a favorite water bottle when you walk in warm weather. It can double as a weight until empty.
- Pamper yourself after walking by using a foot spa or using a great peppermint foot lotion to pamper those sore tootsies!
- Try a heart rate monitor/watch. You will know when you are working to your health capacity.

Sources:

- How Do I Know When It Is Time To Replace My Athletic Shoes? American Academy of Podiatric Sports Medicine: http://www.aapsm.org/replace_shoes.html
- Walking shoes: Features and fit that keep you moving, The Mayo Clinic: <https://mayoclinic.org/healthy-living/fitness/in-depth/walking-shoes/art-20046979>

For more information check out Food Fun on the Run at: <http://go.unl.edu/familyrun>
This publication has been peer reviewed.