

Keeping Walking Fun

Article written by Cindy Brison, MS, RD, Extension Educator at cbrison1@unl.edu.



Walking is a fun, inexpensive way to include valuable physical activity in your day. It can be done anywhere, at any time. If you do not shake it up a bit, walking may get monotonous. Here are 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 two 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:

1. How Do I Know When It Is Time to Replace My Athletic Shoes? American Academy of Podiatric Sports Medicine: http://www.aapasm.org/replace_shoes.html
2. 5 Tips to Help You Stay Motivated to Exercise, National Institute on Aging, <https://bit.ly/3gl8nXQ>

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