

# WALK YOUR WAY CHALLENGE

## WEEK 10 – Ready or Not: Routine Disruptions

### There is an App for that...

There are many apps that can help you with a little physical activity even if you are away from home. Some may even help you find a trail nearby if you are traveling. And remember, if you are staying in a hotel, you can walk the hallways.

### Extra steps just getting to the store.

This time of year is known for bad parking. Now is the PERFECT time to park at the back of the lot and walk to the store. The extra steps add up quickly!



Changes to routine, like holiday festivities or breaks can be tough! You may be tempted to skip out on your walking ... but don't do it! Walking can actually help you ease stress when other parts of your routine go out the window.



### My Schedule is Not Normal Right Now

It is common to have a ton of things to do before the holidays. When you add in some holiday parties and all of the company you may have, the schedule is tight. What should a person do? Keep walking! Walking can actually help you stay on task as it allows your body to better focus and attend to the tasks you have to do.

Be ready to walk at any time. Because schedules are so hectic, if you have only 10 or 20 minutes, go out and walk.

**“You are never too old to set another goal or to dream a new dream.”**

- John Ruskin

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## Holiday Health: True or False

Test what you think you know about staying healthy this holiday season:

### **True or False: It is better to skip my walk to make up for the time I need.**

False: Keep the walk! That walk may be in the mall instead of your usual route, but skipping the walk will not solve all of the time crunches that come this time of year. Skipping your walk one day might make you feel a little less like walking the next day.

### **True or False: If I walk outside when it is cold, I will get a cold.**

False: Colds come from germs, not being outside. Germs may spread a little faster because people are usually inside more often. Make sure to wash your hands often and avoid touching your eyes, nose, and mouth if possible.

### **True or False: Walking can help you reduce your feeling of stress.**

True: Walking is known to help adults lower their stress level. Keep up the walking and you will not only feel less stressed, you also may have a little more energy to tackle that “to do” list.

**Don't forget: Eat healthy! Drink lots of water! Have fun!**

#### Sources:

CDC (2011). Strategies to Prevent Obesity and Other Chronic Diseases: The CDC Guide to Strategies to Increase Physical Activity in the Community

National Institute on Aging (2011). Exercise and Physical Activity