



# Move More, Milton!

Be active, more often

## Put some Pep in Your Step

*10 easy ways to get you moving!*

Follow these 10 helpful steps to get you walking more often!

### 1 Tick-tock!

Get excited to move in the morning by tuning your alarm clock to play your favourite music station. Crank it up and see how quickly you begin to move to the beat! Dancing and singing are optional.

### 2 What to wear?

Pick out your favourite activewear outfit that is comfortable and breathable for your walk. Choose lighter or thicker clothing depending on the weather. Layer clothing that can be easily removed to help cool you down or warm you up.

### 3 H<sub>2</sub>O on the go!

Pack a water bottle to stay hydrated on your walk. Adding a slice of lemon will provide a subtle boost of zing!

### 4 If the shoe fits!

Choose a pair of sneakers that provide good ankle and arch support. Shoes with rubber insoles help to limit the impact on the balls and heels of your feet. Happy feet make for a happy walk!

### 5 Stretch it out!

Ward off aches and pains before they start by giving your muscles a good streeeeetch. Begin your warm-up routine by taking a short walk to get your heart pumping and your blood flowing. When you begin to feel warm, stop and take 5 minutes to stretch out your arms and legs.

### 6 Location, location, location!

Map out a walking route that is safe, fun and challenging. Choose routes that are away from heavy traffic areas and wear reflective clothing or add reflective tape if you are walking at night. Be sure to change your route every so often to keep your walk fun and exciting. There are many rural and urban trails located throughout Milton.

### 7 Bring a buddy!

Walking with a partner will help to keep you motivated and up-to-date on the local buzz around town.

### 8 Start out slow!

Find your rhythm by starting with three 10-minute brisk walks each day and work your way up to a full 30 minutes.

### 9 Strut your stuff!

Program your favourite music or move to the beat of your own drum by swinging arms and legs in tune with the rhythm. Bend arms at a 45-degree angle and step from heel to toe to tone muscles and maximize energy.

### 10 Cool down!

Stretch for another 5 minutes to slow breathing and heart rate. Relax your muscles and smile - you did it! Now that you know how to "walk the walk," encourage your friends, family and co-workers to get moving!

