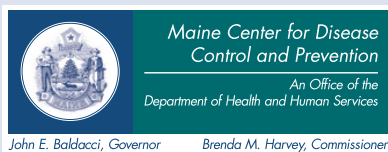


Before You Start

Everyone Needs Physical Activity

Work your way up to these goals:

- Children should get an hour of physical activity every day.
- Adults should get at least 30 minutes of physical activity five or more days a week. The 30 minutes does not have to be all at once.



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Funding is provided by the USDA's Supplemental Nutrition Assistance Program. USDA is an equal opportunity provider and employer. The Food Supplement Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your regional office. You can find your regional office by calling 1-800-442-6003 or visiting www.Maine.gov/dhhs/OIAS/how-to-apply.htm#how.

Walk for Life



These easy steps can lead your family to better health.



This Healthy Weight Awareness message is brought to you by:
 **Healthy Maine Partnerships**



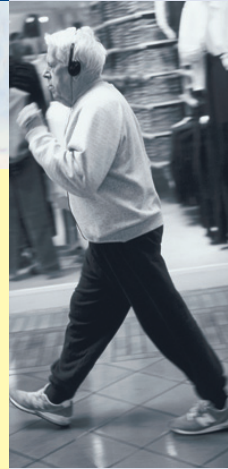
“ If you’re like me, you know **being active is good for you and your family.** Sometimes it seems hard to find the time. The fact is, many families are already walking. Here are some ideas and tips to help you get started. ”

Getting Started

Find local walking routes:

The web sites below offer indoor or outdoor walking routes in your community:

- **healthymainewalks.org** provides information on how to: find a walking route near you, share information about walking routes, or find out about how to create one.
- **take-it-outside.org** is a source for year-round outdoor recreation opportunities all over Maine.
- **maineinmotion.org** encourages participants to become more physically active by following one of its themed activities or tours.
- **healthymainepartnerships.org** helps you find your local Healthy Maine Partnership. They have a variety of resources to help you become more active, including directions to your local walking routes!



Walking is time well spent, and it’s free.

Walking is a great way to spend quality time with your kids or more time with a neighbor or a friend. It is one of the easiest things you can do to become more active and it doesn’t cost a penny.

Walking improves your health & your mood.

Try walking just ten minutes if you are just starting to be active again. The moment you begin walking on a regular basis, you begin to improve your health.

Walking:

- Helps you lose weight
- Helps lower your blood pressure
- Gives you more energy
- Helps you sleep better
- Helps relieve stress



Other resources and ideas:

- While at the mall, take one lap around.
- Call your local school or community parks and recreation center to find out if the local gym is open to walk in during the winter.
- In the winter, put on your boots and walk on a snowmobile trail.
- Take the kids sledding and walk up and down the hill.
- Call your local YMCA for their gym schedule.
- While you are at the grocery store, walk up and down every aisle.
- Walk with a friend or family member. It’s a great time to catch up and talk about your day!

(continued on back)