



University of Nevada, Reno
Extension
College of Agriculture,
Biotechnology & Natural Resources

Walk to Wellness

Materials Needed:

- **Safe, well-lit surface**
- **Closed-toe shoes**
- **Optional: walking DVD**



Instructions:

Walking can be done anywhere, indoors, outdoors, wide open places or small spaces

- Walk around the neighborhood or go to a nearby park or high school track
- Walk with a partner or group - this is a great opportunity to build healthy relationships

Here are a few suggestions to help with a walking routine:

- Start light and build up duration and/or intensity of walks
- Track progress (500 steps is about ¼ mile)
- Purchase a walking DVD for indoor walking in small spaces
- Walk while listening to a favorite playlist
 - ❖ Have fun with it! Create a playlist with "Walk" in the title (e.g., *Walking on Sunshine*, *Walk like an Egyptian*, *I Walk the Line*, *These Boots are Made for Walking*)

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