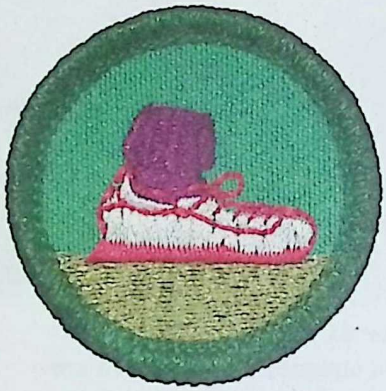
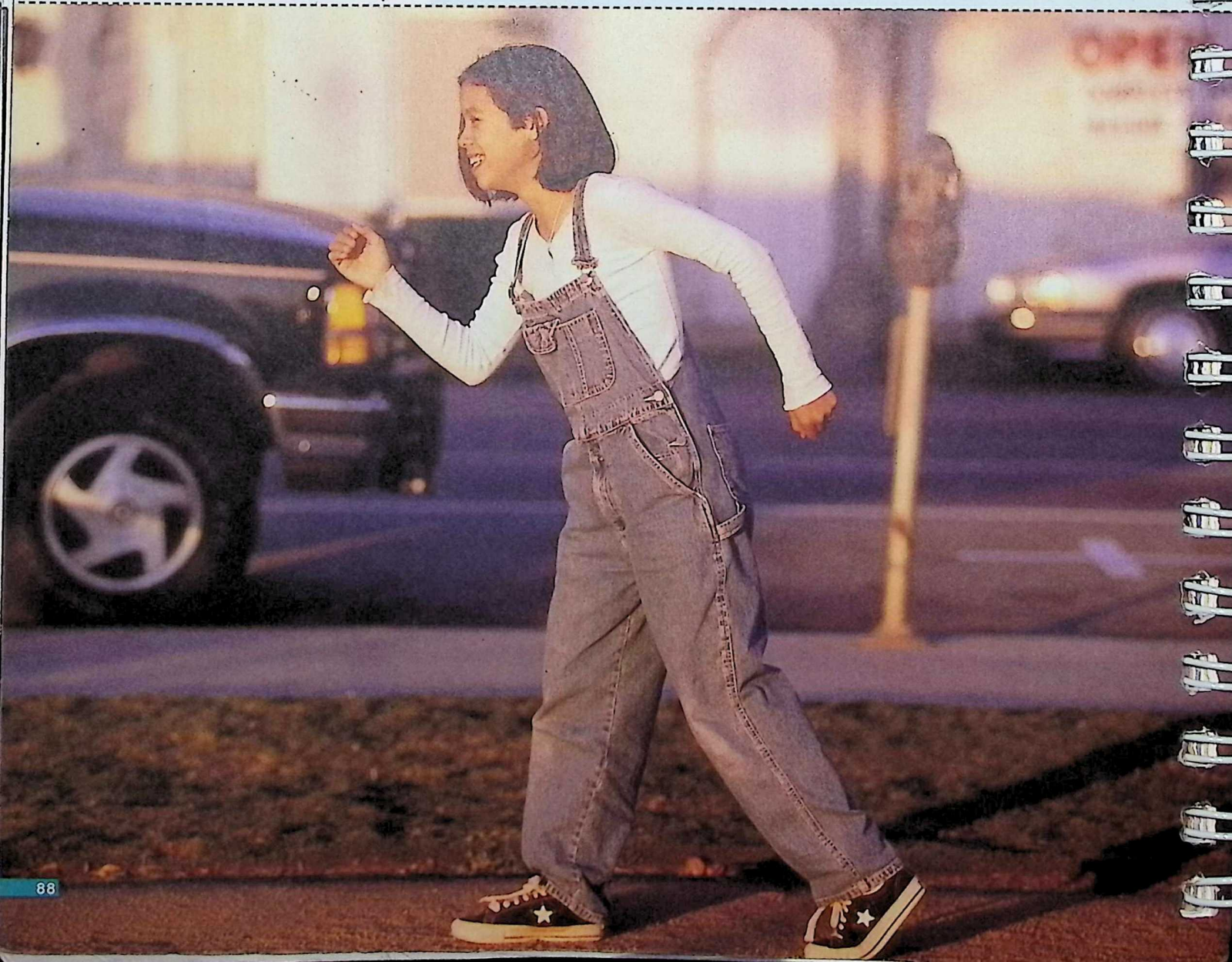
Walking for Fitness



Did you know that walking is the easiest way to stay fit? All you need are good walking shoes, a little free time, and a buddy. So grab a friend, and point your shoes north, south, east, or west...whichever way suits you best!









1. Warm Up
Learn three stretching exercises to do before and after walking. Practice warming up before you walk, and cooling down after.

2. Make a Plan
Develop a personal walking program and follow it for three weeks. Each week, try to increase your speed and distance. Need help developing a realistic plan? Talk with a coach or fitness instructor.

3. Best Foot Forward
Visit a store that sells walking shoes. Ask a sales person what to look for in a walking shoe. Compare several brands of shoes. Be able to explain which brand you would buy and why.

4. Keep Track
Make a list of interesting sites within walking distance of your troop meeting place, school, or home. With a family member, friend, or Girl Scout troop, walk to at least two of these sites.

5. Be Prepared!
Create a simple first aid kit to take on walks. Learn how to care for sunburn, insect bites, heat exhaustion, heat stroke, and blisters.

6. Fast Food
Plan and pack a well-balanced, easy-to-carry snack for an extra-long walk. Don't forget to take along a filled water bottle.

7. Weather It Well
Put on a walker's fashion show with your friends. Show that you would know the right ways to dress for the weather when you walk in cold or hot weather. Be sure to explain the importance of dressing in layers.

8. Lend a Hand
Take part in a weekend project to clean up a walkway or trail in or near your community.
OR
Help at a charity walk by cheerleading, passing out water or snacks, or giving directions.

9. Add It Up
Keep track of your car or bus trips for one week. Write down the mileage and the time it took to travel that distance. Could you have walked any of your trips instead of riding?

10. Find the Way
On a walk, use a street or road map to arrive at a new destination. Know which side of the road to walk on and how to walk safely in a group.