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I Can Get Fit

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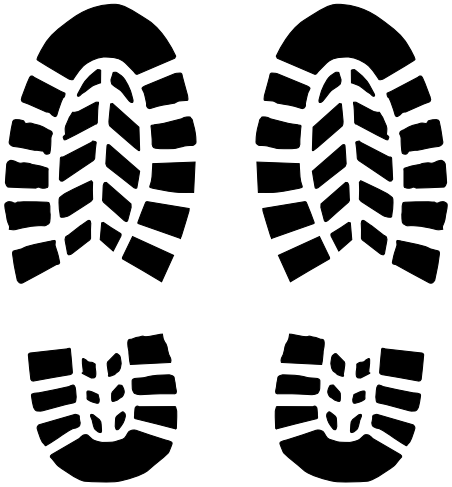
ROSAMOND WALKS



GETTING ACTIVE GUIDE

EXPLORE Rosasmond

explorerosamond.com

Walking Log

Date	Distance	Time	Pace

The goal of Rosamond Walks and this guide is to help you on your journey of becoming more active. Activities, such as walking, can offer health benefits.

Health Benefits

Being active can have many different health benefits. According to the CDC, Physical Activity can help:

- Control Your Weight
- Reduce Your Risk of Cardiovascular Disease
- Reduce your risk of Type 2 Diabetes and Metabolic Syndrome
- Reduce Your Risk of Some Cancers
- Strengthen Your Bones and Muscles
- Improve Your Mental Health and Mood
- Improve Your Ability to do Daily Activities and Prevent Falls
- Increase Your Chances of Living Longer

Each of these are explained in much more detail at https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm

Always consult a physician before beginning any physical activity.

Proper Activity Attire

When participating in a physical activity, one will want to ensure they are wearing proper attire for the activity. In the case of walking, this would include clothing appropriate for the walking conditions, proper reflective material and/or bright clothing for late night walking, and appropriate and proper fitting footwear for the terrain.

If walking using public streets, as we are in this class, be aware of street lights and traffic, to ensure your safety and theirs. Be alert of your surroundings at all times.

Walking Log

Date	Distance	Time	Pace

Walking Log

Date	Distance	Time	Pace

Walking Routes

Not everyone walks at the same pace nor does everyone live in the same area, even within the same town or city. For this reason, it is a good idea to map out a walking route, if walking outdoors, especially when starting out. Additionally, do a test walk if unfamiliar with the walking path, taking notes of any potential hazards including lack of sidewalk or lighting issues. This is of great important especially if doing any night walking.

Activity Tracking

Much like track your weight when performing physical activity, tracking your walking distance, time, and pace can be important. Tracking activity can help with both accountability and motivating you to continue walking.

Accountability

Accountability is a huge driving factor for maintaining an activity log. Along with motivation, which can come from tallying the number of miles you walk in a week and comparing to previous weeks, you can keep yourself accountable with the goals you have set for yourself.

Walking Partner

Having a walking partner is another great form of accountability. Whether this is walking together or separately, cheering each other on towards achieving your goals can be powerful.

Using An App

While you can track your walking using pen and paper (several walking log sheets are provided in this guide), using an app can be amazing too. I have been using Google Fit (android user) for several years now. There are so many apps to choose from, so choose one available for your device or choose a stand alone device such as a Fitbit and connect with it using their app.

Monetizing Your Walks

While this is not at all a driving force for me to walk, If you are already walking or perhaps need an additional motivation to walk, might I suggest an app which pays you to be active? I have been using SweatCoin for a little while now and am accruing their “digital currency” called sweatcoins. This is not to be taken as an endorse for the app, it just happens to be an app I use. Now, if you do decide to go the monetizing route, please use my link to grab the app. This will net me 5 sweatcoins. Much appreciated for me to provide this free, no-cost no-catch guide and additional resources.

https://sweatco.in/hi/michaelmann78