



WALKING ON WEDNESDAYS PLEDGE



WOW

I _____

(Insert Name)

pledge to designate Wednesday as a day in which I will focus on walking and increasing my steps whenever possible.

On average, 2000 steps = 1 mile.

A reasonable goal for most people is to increase steps each week by 500 per day until you can easily average 10,000 steps a day. Refer to the attached chart to assist with tracking time and steps.

Remember to include a warm-up before you walk and a cool-down at the end. Watch your posture and walk tall, thinking of elongating your body. Hold your head up and eyes forward. Your shoulders should be down and back relaxed. Tighten your abdominal muscles and buttocks and fall into a natural stride. Be sure to drink plenty of water before, during and after.

Notice: If you have any health concerns you should get your physician's approval prior to beginning a fitness program.
