

# How to Develop...



## A Daily Walking Habit

Getting and staying in the habit of going for a walk each day can be a bit of a challenge. But that's exactly what we need to do. We need to get in the habit of going for that walk just like we're in the habit of brushing our teeth twice a day or taking out the trash on Tuesdays.

Here's how:

1.

### FIND AN ENJOYABLE WALKING ROUTE

preferably close to home.

2.

### TAKE THE SAME ROUTE FREQUENTLY

and challenge yourself to improve.

3.

### LISTEN TO YOUR FAVOURITE MUSIC

or podcast while walking for increased enjoyment.

4.

### FIND A WALKING BUDDY

or a group for company and accountability.

5.

### DOWNLOAD AN APP

to measure your walks and track your progress.

## Remember...

drink plenty of water and stay hydrated.

