



NO CHILD LEFT ON THEIR BEHIND

28 Day Walking Challenge

Public Health Solutions District Health Department

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WALK MORE

Walk to and from school activities. Park several blocks away and walk. Pace whenever you talk on the cell phone. A 20 minute conversation could result in 2,000 steps—A MILE! Walk around the house during commercials. Each show has 10 minutes of commercials. You could get 10 minutes of walking! When shopping, choose a parking spot far from the door and get extra steps! Take the stairs not the

Funding Provided By

 Nebraska Department of Roads

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 2px solid red; padding: 5px; background-color: blue; color: white; font-weight: bold;">1 mile = 2,000 steps</div>			1 <i>Your heart is a muscle, build it by walking.</i>	2 WALK 1 MILE TO BURN 100 CALORIES!	3 <i>Your body has 600 muscles! USE THEM TO WALK!</i>	4 LIMIT "screen time" to 1 hour. 
5  <i>Play hopsotch.</i>	6  Eat a doughnut and you have to walk an extra 3 MILES to burn these calories!	7 <i>Snack on walking, break it into 10 minute bite-size chunks.</i>	8  <i>There are 1440 minutes in every day. Spend 30 of them walking or biking.</i>	9  <i>2 miles of biking is equal to 1 mile walking.</i>	10 "SUPERSIZE IT" AND PLAN TO WALK 6 MILES! 	11 <i>Choose a healthy snack if hungry after a walk.</i> 
12 <i>Dancing is a great way to get steps!</i> 	13 <i>Count to 10 as you breathe in and as you breathe out.</i>	14 <i>Walking helps relieve stress!</i> 	15 "Do it, move it, make it happen! No one ever sat their way to success." unknown	16  <i>Walking builds bone density.</i>	17 <i>A 20 minute walk in the sunshine provides a daily dose of Vitamin D.</i>	18 <i>Take longer walks with the dog.</i> 
19 <i>Wear good walking shoes—flip flops are not walking shoes!</i> 	20 <i>Too much screen time creates brain drain - walking creates brain energy.</i>	21 <i>Play Frisbee</i> 	22  <i>Walk the mall Shop till you drop ... pounds.</i>	23  <i>Walk an extra 5,000 steps to burn these calories!</i>	24 "Walking is man's best medicine". <i>Hippocrates</i>	25 <i>Walking will help you sleep.</i> 
26 "The first wealth is health." <i>Ralph Waldo Emerson</i>	27  <i>Go for a walk and play "I Spy".</i>	28 <i>Get up and walk during TV commercials, but NOT to the refrigerator!</i> 	REMEMBER: It takes 28 days to develop a new healthy habit.			

Created by Diane D. Epp, Health and Wellness Division