



WALK IT OUT CAMPAIGN





WHAT'S INSIDE

- Page 3.....Welcome Letter
- Page 4.....Walk it out campaign at a glance: The importance of walking this time of year
- Page 5.....Step into good health - the benefits of walking
- Page 6-10.....Facts to Move YOU
- Page 11.....Core Materials/Activities:
- Page 12.....School Nature Trail
- Page 13-20.....Handout and Flyers



DEAR PARTNERS,

Do you know why it's important to start a walking routine this time of year?

This is a great time of year to get more active - walking is a great way to do so! Going for a walk in the early morning or evening allows you reduce the strong rays of the sun while still enjoying the warm weather. Use the opportunity to get out and soak up some Vitamin D (just don't forget your sunscreen) and increase your serotonin levels, which is known to put some pep in your step and a smile on your face.

Walking is good for you. Let's walk together to benefit our hearts, bodies and minds. Remember, exercise is one of the best ways to keep your body healthy and release stress. Regular physical activity boosts your mood, gives you energy and improves your quality of sleep.

In this campaign we aim to equip you and your site with some of the tools needed to empower your neighbors and community to be successful in becoming independently food secure by reclaiming the power of the land and growing your own food.

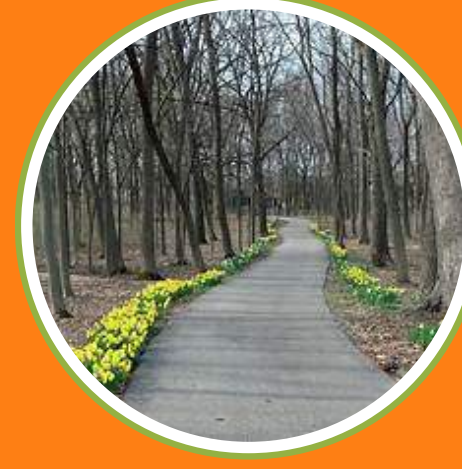
You'll read about the benefits of gardening, which type of garden would be best for you and your community, how to start a walking routine to maintain good health.

We encourage you to share this campaign with your organization, partners, and neighbors!

We are committed to providing you with the tools and knowledge to empower those you serve.

Best,

Nutrition Education Team
Community Food Bank of New Jersey



The Importance of Walking

Set a Goal:

- Starting a physical activity regiment is always most successful when you start with a goal. Try creating a SMART goal for yourself to keep you on track and monitor your progress. A SMART goal is specific, measurable, achievable, relevant, and time-bound.



Create a Routine:

- Starting something new can be difficult, but creating a set routine can make completing activities more manageable. Set aside a dedicated amount of time per week on specific days and times to build a routine and create a habit. Just make sure your routine is realistic and feasible for your schedule!



Increase Activity:

- As you continue to progress and reach your goals, you will be able to increase your level of activity. Once you reach a goal, set a new one and try to challenge yourself! You can increase the amount of time you walk, your pace, the incline of your terrain, or even add in other challenges like ankle or wrist weights and different leg or arm movements.



Step Into Good Health: Benefits of Walking

Walking regularly is one of the simplest, best ways we can improve our physical and mental health since it is easy, free, and widely accessible. Just 30 minutes of walking per day offers many benefits to your whole body!

Improve Memory & Cognition



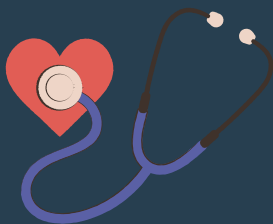
As a low impact, but highly effective physical activity, walking has been proven to especially aid older individuals as it prevents cognitive decline and lowers the risk of dementia.

Strengthen Your Body



Walking is a low impact workout that can increase cardiovascular fitness, strengthen bones and muscles, reduce excess body fat, and improve endurance.

Decrease Risk of Disease



Since walking is a cardiovascular workout, it can improve physical health and fitness of your heart which can lower the risk of diseases such as stroke, high blood pressure, and heart disease. It also lowers blood glucose and insulin resistance which can prevent obesity and diabetes.

Improve Mental Health



Physical activity has been proven to improve mental health and walking is a cardio workout! Just a 10 minute brisk walk can increase mental alertness, boost your mood, and reduce stress and anxiety, especially if you walk outdoors!

Facts to Move You!

Walk More. Stress Less.

Walking is the most popular form of exercise. No wonder! For most people, it's safe, low- or no-cost, and it's easy to stick with. (And did we mention it's fun? Especially with friends.)



Research has shown that walking can have a significant impact on your health by lowering your chances of heart disease.

Walking at a lively pace at least 150 minutes a week can help you think better, feel better and sleep better.



Facts to Move You!



One in four U.S. adults sits for longer than eight hours each day. Sitting for too long can hurt your physical and mental health.

Why not swap it out? A recent study found that swapping just 30 minutes of sitting with low-intensity physical activity reduced risk of death by 17%.

If everyone increased their activity, even by a small amount, we would see an improvement in health and lower the cost of disease in the United States.



Facts to Move You!

Sweet Dreams



- **Prioritize sleep and aim for seven to nine hours of sleep.**
- **Getting a good night sleep every night is great for your cardiovascular health.**
- **Too little (or too much) sleep is associated with heart disease.**
- **Good sleep improves mood, memory and reasoning.**



Facts to Move You!

Check the Stress

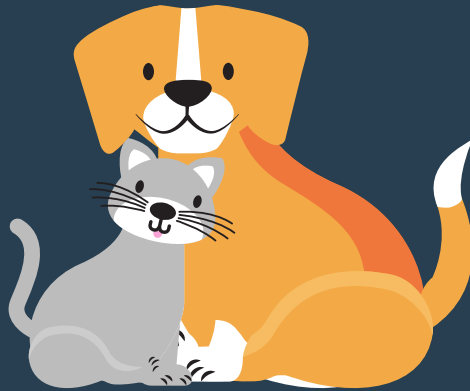


- Money, work and family responsibilities and health concerns are top sources of stress.
- Chronic stress can impact your emotional and physical health.
- Stress can increase your risk for heart attack and stroke.
- Workplace stressors – such as long hours, finances, job security and work-family conflict – are as harmful to your health as secondhand smoke.

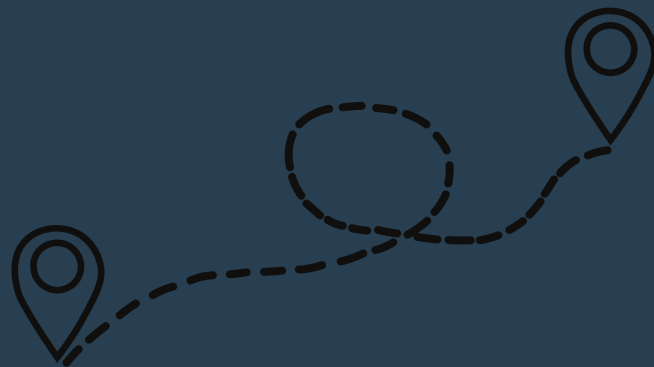


Facts to Move You!

Pets? Let's!



- Walking with dogs has been shown to promote engagement in and adherence to regular physical activity.
- Walking a dog is a great way to get exercise, for both of you.



Core Materials

Proper Walking Shoes/Boots

1. Look for ankle support
2. Break the shoes in
3. Choose the proper size for your feet



Something to Carry your Water

1. In your back-pack, or other bag
2. Tied or clipped to your belt or bag
3. Backpack with built-in water bottle, and hydration tube.



Sunscreen and Sun protectors

1. Apply sport-style sunscreen that won't come off with sweat.
2. Wear a sunhat, or SPF shirt to help shade you and reflect some of the UV rays outside. Even on a cloudy day.
3. Try to avoid peak sun hours when walking to avoid sunscreen, and heat exhaustion.

Maps / GPS



1. Your Smartphone can be used to guide you wherever you need to go.
2. Apps like Wikiloc and ViewRanger (and many others) allow you to navigate using the gps antenna of the phone and no cellphone data connection.
3. In any case, a map is a must and a chat with someone at the local tourism or guide office about your plans is also a sound idea.

A School Nature Trail Creates a Pathway to Learning

Interactions with nature and green space have lasting impacts on learning.

Kindergarten students put this theory into action when they worked with fifth-graders to complete a nature trail that stretches four-tenths of a mile along the perimeter of their school's property.

Read more about this school's story here:

<https://www.plt.org/story/school-nature-trail-pathway-to-learning/>



Handouts & Flyers

Click on the images below to download and print them to share with your organization, partners, and neighbors!

WHAT ARE THE BENEFITS OF WALKING FOR EXERCISE?

PHYSICAL BENEFITS



- Builds fitness, strengthens muscles and bones
- Enhances cardiovascular health and boosts energy
- Reduces risks of heart disease, stroke, and certain cancers
- Manages chronic conditions and aids in weight loss
- Improves sleep quality

MENTAL BENEFITS



- Sparks creativity, elevates mood, and relieves stress
- Enhances cognitive function, memory, and brain health
- Immediate relief from anxiety and depression with short walks
- Quick stress reduction: 10 minutes of walking can be as effective as a 45-minute workout

GET MOVING TODAY!

Programs like **Walk Across Texas**, **Walk Through Texas History**, and the **10&10,000 Change Challenge** can kick start your walking routine.

Start walking now to enjoy both physical and mental health benefits!



LEARN MORE



HOWDY HEALTH

TEXAS A&M
AGRI LIFE
EXTENSION | FAMILY &
COMMUNITY HEALTH

Benefits of WALKING

Ready to reap the benefits of walking?
Here's how to get started – and stay motivated.



Physical activity doesn't need to be complicated.

Something as simple as a brisk daily walk can help you live healthier.
For example, regular brisk walking can help you with the following:



Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer, and type 2 diabetes

A few tips to help you walk your way to fitness:

Consider your technique

- ✓ Your head is up. You're looking forward, not at the ground.
- ✓ Your neck, shoulders and back are relaxed, not stiffly upright.
- ✓ You're swinging your arms freely with a slight bend in your elbows. A little pumping with your arms is OK.
- ✓ Tighten your stomach muscles, and your back is straight, not arched forward or backward.
- ✓ You're walking smoothly, rolling your foot from heel to toe.



Plan your routine



Get the right gear



Choose your course



Warm-up



Cool down



Stretch

Set realistic goals



Aerobic activity

Get at least 150 minutes

of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity.



Strength training

Get at least 2 times a week

of strength training exercises for all major muscle groups.



Track your Progress

Try using an activity tracker, app, or pedometer to calculate steps and distance. Or record these numbers in a walking journal.

Stay motivated



Make walking enjoyable



Start with a simple goal



Vary your routine



Take missed days in stride



Promoting Airport Walking

A GUIDE



Mall Walking

A PROGRAM RESOURCE GUIDE



STEP IT UP!
THE SURGEON GENERAL'S CALL TO ACTION
TO PROMOTE WALKING
AND WALKABLE COMMUNITIES



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES




© MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.

<https://www.youtube.com/watch?v=hapNhZNM0jQ>



Hiking > United States > New Jersey > Kid-friendly

Enter a city, park or trail name



Best Kid Friendly Trails in New Jersey

★★★★★ 253,558 Reviews

Explore the most popular kid-friendly trails in New Jersey with hand-curated trail maps and driving directions as well as detailed reviews and photos from hikers, campers and nature lovers like you.

- The percentage of park area close to homes, such as spaces that included nature trails and bicycle paths, was associated with higher levels of physical activity among young children.

