

The Benefits of Walking



Health Benefits

It decreases stress.

It helps you sleep.

It keeps your heart strong.

It builds strong bones and muscles.

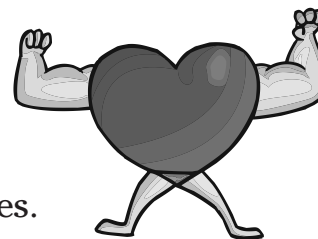
It gives you energy.

It burns calories (helping to control body weight).

It increases flexibility and coordination.

It boosts your immune system (to keep you from getting sick).

It's fun!



Other Positive Aspects of Walking

You already know how to walk—no lessons required!

It's free.

You can walk almost anywhere.

You don't need any fancy equipment.

It's a great way to explore your community.

You can walk with friends and family members.



Family Letter



Dear Family,

Today, our class began a program called *Step-n-Smartly in Maine*. The goal of this program is to increase students' physical activity through walking.

Students will keep track of the number of steps they walk each week using a pedometer. I will enter a class total into the *Step-n-Smartly Website*, where students can track their progress as we "walk" through the state of Maine along Highway One. Along the way, there will be lessons on Maine history, geography, economy, and literature.

In the coming weeks and months, your child will be asked to set personal goals for increased walking. In class, we will learn about the health benefits of walking and share tips for walking safely. I hope you will discuss these topics with your child and encourage his or her participation in the *Step-n-Smartly* program. Better yet, walk together for a fun-filled family activity!

Thank you for your support. If you have any questions, feel free to contact me.

Sincerely,

Your Child's Teacher



My Walking Goals

Directions: Fill in your walking goal for each week. Use the lines after each goal to explain how you will meet this goal. (Where will you walk? With whom will you walk?) At the end of the week, record the number of steps you walked. Did you meet your goal? Why or why not? Write your reasons on the lines.

Week One

My walking **goal** for the week is _____ steps.

My plan for meeting this goal is:

My walking **total** for the week is _____ steps.

The reason I walked this far is:

Week Two

My walking **goal** for the week is _____ steps.

My plan for meeting this goal is:

My walking **total** for the week is _____ steps.

The reason I walked this far is:

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Week Three

My walking **goal** for the week is _____ steps.

My plan for meeting this goal is:

My walking **total** for the week is _____ steps.

The reason I walked this far is:

Week Four

My walking **goal** for the week is _____ steps.

My plan for meeting this goal is:

My walking **total** for the week is _____ steps.

The reason I walked this far is:

Week Five

My walking **goal** for the week is _____ steps.

My plan for meeting this goal is:

My walking **total** for the week is _____ steps.

The reason I walked this far is:

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