Walking for busy people

Lose weight, get fitter, feel **Eroovy**





They're getting fitter.
Reducing stress.
Relieving anxiety.
Burning fat.
Strengthening bones.
Building muscle.
Increasing energy.
Improving mood, memory and sleep...

Why can't that be you? It can be!



80 lbs

while still eating chocolate





- Become a certified trainer and spinning instructor.
- Write two books on practical weight loss (because... chocolate).
- ◆Start the Walking & Talking with Helen podcast.





Keep track

I'm not a huge fan of tracking everything, but getting a smartwatch/fitness tracker is invaluable to see how much you're actually moving.

You can get one for under \$100 - it doesn't have to be super fancy.

If you don't like wearing a watch, there's a ring, too.

Every step you take counts, so start burning some rubber.



While waiting

So much of our lives are spent waiting.

Waiting for appointments.

Waiting on hold.

Waiting for the water to boil.

Waiting for the coffee to perk.

Waiting for the InstantPot.

Waiting for kids at pickup.

Waiting for the shower to

heat up.

Waiting for shows during commercial breaks.

What if... you took those **waiting** moments and walked in place?





What if... you took those waiting moments, got out of your car and took a quick walk while waiting for your child at an appointment (or your pet at the vet or groomer)?

What if... you trained yourself to walk in place or move at every opportunity?

How many steps do you think you could add to your day just by doing that?

How much could your life change with little effort?



Walking videos

Weather sucks? Pressed for time? Try free walking videos on YouTube.

They can be even more effective than walking outdoors.

They're **fun**, too! You can hop up and do part of a video any time of day, even if you only have 10 minutes.

You don't need to change your clothes, put on shoes and a jacket, or grab your keys. Do it where you are.

Can you dig it?

Be less efficient

Fly in the face of convention.

Move your **trash can** away from your desk. Put the **printer** in another room. Carry your **laundry** in smaller loads (more trips). Put things in **less convenient** places. How about leaving the remote by the **TV** instead of on the coffee table?

It may be hard at first, but hey
– you'll get used to it AND you'll
get more walking in. It's about
moving every day, all day.
When you see how many steps
you've taken, it will be a gas.

Break it up

Walk before work, after work, during breaks, during lunch. Find opportunities to get more steps in.

Squeeze in a mile **before work**. Walk on breaks and
during lunch. Do a quick walk
before dinner, or with your
dog or family **after dinner**.

Don't have much time before work or school? Walk up and down the **driveway**, or around your complex. Just get moving.

(continued)

Walk or march in place for **5 minutes** every hour.

Plan longer walks on the weekends.

Walk with your friends.

Walk while talking on the phone.

March in place while folding laundry.

Make a list of all the ways **you** can fit walking into your day.

You'll be surprised how these little things all add up.

Outsmart obstacles

We're all a little too accepting of obstacles, right? ("Thank goodness I don't have to do it.")

Plan ahead to overcome them.

Invest in basic gear like a **raincoat** and **rain boots** for when the weather is cranky.

Make sure you know where your headphones are.

Keep sunscreen handy.

Don't let your walking get foiled, because that's a bummer.



Change it up

Walk your errands.

Pretend you're in Europe.
Walk to the coffee shop, the pharmacy, school, your friend's house, the yogurt place. Make it a habit. Yeah, it will take longer, but you'll be moving your body more.

Meetings? Ask your boss or client to have a walking meeting. Set the example. So many people would love to walk more. Plus brainstorming is a lot more effective when you're moving your body.





Mall walk

Some malls open early to let people walk for exercise before the stores open.

Malls are usually pretty huge and without shoppers in the way, you can get a brisk workout.

Benefits of mall walking?

All-weather workouts (not too cold. Not too hot. No rain).

Restrooms.

Security.

No traffic.

Window shopping.

Some malls have walking clubs, too, for accountability.

Shop a new way

Walk around the entire store, then up and down every aisle. Just buy what's on your list, but look at new products to get ideas.

Carry your groceries by hand to the car if you don't have too much.

Or - walk the **cart back** to the store. For crying out loud, don't leave your cart next to someone else's car.

Carry your grocery bags in, one at a time. Inefficiency is fab.

Set inspired



Tune in to my coached walk podcast, <u>Walking & Talking</u> with Helen.

Listen to an audiobook. Get a **free 30-day trial** of <u>Audible</u> <u>here!</u> Groovy, baby.

Listen to podcasts. **Listen** to your favorite songs.





Tell yourself these groovy things



Example 1 I get to walk

I like to walk





(I'm grateful I can walk

Walking : happy



walkingandtalking.show