Winter Walking Tips

THE LEGACY at North Augusta
A National Lutheran Community

Walking is an effective and easy way to stay active. When it comes to getting active, walking is just about the easiest and safest way to get moving. You don't need special equipment. You don't need an expensive membership. You don't need a coach. You do, however, need to get off the couch.

1. ***Less* efficiency = *more* calories.** One of the first steps to adding more steps to your daily walking pattern is to become a little less efficient. How many times have you wrestled with five or six bags of groceries as you've made your way from your car to your front door? While this exercise in frustration and agility might have some minor benefits as an upper body workout, it is a wasted opportunity when it comes to increasing your step count. Next time, try grabbing just one or two bags.

2. **Browse more before buying.** Don't start shopping the moment you enter a grocery store. Walk around the inner perimeter of the store first. If things aren't too crowded, you might even want to walk down an aisle or two. If you see something you want to purchase, do not put it in your cart. Finish your walk first and then go back for it.

3. **Go the extra mall.** If grocery stores are a stroll and big-box stores are a short jog, shopping malls can be a marathon. Unless you are already in peak walking form, resist the temptation to walk the entire mall in one inspiring but tiring burst of misspent energy.

4. Find the closest parking space (to the back of the lot). Rather than parking at the entrance nearest to the store you want to visit at your local mall, choose an entrance a little further away from that store. That extra bit of walking from the new entrance to your chosen store and back to the entrance can add enough extra steps to make a difference.