

STEPTEMBER

BILLION STEP CHALLENGE

POSTURE FOR WALKING

Head up and look forward

Neck and shoulders are upright and relaxed; arms swing freely

Stomach muscles tightened to keep back straight

Roll foot from heel to toe



HOW TO GET MOVING

1

Plan a routine! Make your walks enjoyable by varying where you walk and who you walk with.

2

Always warm up with a slower walk for a few minutes before you increase your pace.

3

Start slow! Walk in small increments and increase as stamina builds to achieve your goal.

4

Cool down with a slower walk for a few minutes after walking with an increased pace.

BENEFITS OF WALKING



Increases brain function



Eases joint pain



Boosts immune function



Improves your mood

LET'S GET MOVING!

Visit nyc.gov/stepember to register for the STEPtember Billion Step Challenge.