Walking

Choose Health LA Moms

I DO NOT FEEL LIKE WALKING TODAY

We all have days when we plan to be active, but we do not feel like leaving the couch. It is normal to feel this way. If you feel tired and can use a break, then take the break. Try not to skip 2 days in a row of walking. The more you walk, the quicker it becomes part of your daily routine. Walking most days of the week helped women of an unhealthy weight lose weight and keep the weight off.[1] Here are a few tips to give you a boost in motivation:[2]

TIPS OF THE WEEK

- Fit more steps into your day by doing household tasks, like cleaning and vacuuming.
- Try a fun activity to motivate you to be active.
- Walk 70 minutes each day. That equals 7,000 steps each day!

- **DO IT ANYWAY** – Getting started is the hardest part. Next time you do not feel like walking, try doing something you love, like dancing.[3]
- **ASK A FRIEND** to walk with you.[4-6]
- **MAKE IT FUN** – if you get bored mix it up and watch a walking video on YouTube or take a Zumba class.[5,6] Don't forget to wear your pedometer!
- **SET REWARDS** – Buy a fitness magazine or watch your favorite TV show after walking 7,000 steps!
- **SNEAK IT IN** – Here are creative ways to fit more steps into your day.

Activity	Steps	Calories Burned*
Zumba	197 steps/min	10 cal/min
Dancing	109 steps/min	5 cal/min
Vacuum	101 steps/min	5 cal/min
Pick up toys	100 steps/min	5 cal/min
Grocery shopping	67 steps/min	3 cal/min
Sweep or mop the floor	60 steps/min	3 cal/min
Make the bed	45 steps/min	3 cal/min

*Calories are approximations & are based on a 250 lb. person[11-14]

RESOURCES:

40 THINGS TO TRY WHEN YOU DON'T WANT TO WORK OUT

sparkpeople.com/blog/blog.asp?post=40_things_to_try_when_you_dont_want_to_work_out

POSTPARTUM FITNESS... AND BEYOND

lalecheleague.org/nb/nbiss1-10p4.html

9 HABITS OF PEOPLE WITH A HEALTHY RELATIONSHIP TO EXERCISE

huffingtonpost.com/2014/05/12/healthy-relationship-exercise-habits_n_5290153.html

USE IT OR LOSE IT HEALTH VIDEO

http://us.lifestyles.qa1p.global.media.yahoo.com/video/lose-040000186.html

POSTPARTUM FITNESS

sheknows.com/health-and-wellness/articles/813666/postpartum-fitness-tips-to-bounce-back-after-baby-1

FIT MAMAS: REAL MOMS REVEAL THEIR FITNESS SECRETS

babycenter.com/0_fit-mamas-real-moms-reveal-their-fitness-secrets_1460686.bc

WEBMD – WHY IS IT SO HARD TO EXERCISE?

webmd.com/parenting/raising-fit-kids/move/motivated-to-exercise

APPS:

SPARKCOACH

itunes.apple.com/us/app/sparkcoach/id648377670

MOTIVATE ME TO EXERCISE

play.google.com/store/apps/details?id=MotivateMe.MotivateMe

MY FITNESS PAL

myfitnesspal.com/apps

FIT RADIO

fitradio.com

GYM PACT

itunes.apple.com/us/app/gympact-cash-reward-to-motivate/id456068701

FITOCRACY

itunes.apple.com/us/app/fitocracy-daily-workout-tracker/id509253726?mt=8

HOT5

itunes.apple.com/us/app/hot5-fitness-high-intensity/id611775542?mt=8

RUNTASTIC PEDOMETER

itunes.apple.com/us/app/runtastic-pedometer-step-counter/id442894329?mt=8

BLOGS:

MS. DIAPER D IS A STAY-AT-HOME MOM WHO IS TRAINING FOR HER FIRST RUNNING EVENT

youtube.com/user/MsDiaperD?feature=watch

POSTPARTUM MOTIVATION TO EXERCISE

pinterest.com/michellelizaso/postpartum-motivation/

HOW TO GET 30 MINUTES OF EXERCISE A DAY

thegetfitmom.com/category/fitness-2/

FAT TO FIT CONFESSIONS

fattofitconfessions.blogspot.com/

VIDEO

MOTIVATION TO WALK

youtube.com/watch?v=Je-IUBw63EA

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2. Dobrovits C. Postpartum fitness… And beyond. New Beginnings 2010;31:4-8.
3. American Council on Exercise. Fit Facts – if you don't use it, will you lose it? Retrieved from http://www.acefitness.org/acefit/fitness-fact-article/2621/if-you-don-t-use-it-will-you-lose/
4. Norman E, et al. An exercise and education program improves well-being of new mothers: a randomized controlled trial. Phys Ther 2010;90:348-355.
5. Albright CL, et al. Increasing physical activity in postpartum multiethnic women in Hawaii: results from a pilot study. BMC Women's Health 2009;9:4.
6. Rosset L, et al. Mama Sana… Usted Sana: Lessons learned from a postpartum weight loss intervention for Hispanic women with infants six months or less. Hispanic Health Care International 2013;11:78-86.
7. California State University, Monterrey Bay. Step equivalents. Retrieved from http://hr.csumb.edu/step-equivalents
8. America on the Move & YMCA. Converting activity steps. Retrieved from http://www.ucc.org/justice/health/lets-move/pdf/STEP-Activity-Conversions-2011.pdf
9. Healthy Newport. Steps per minute. Retrieved from http://www.healthynewport.com/uploads/8/0/9/2/8092599/step_conversion_chart.pdf