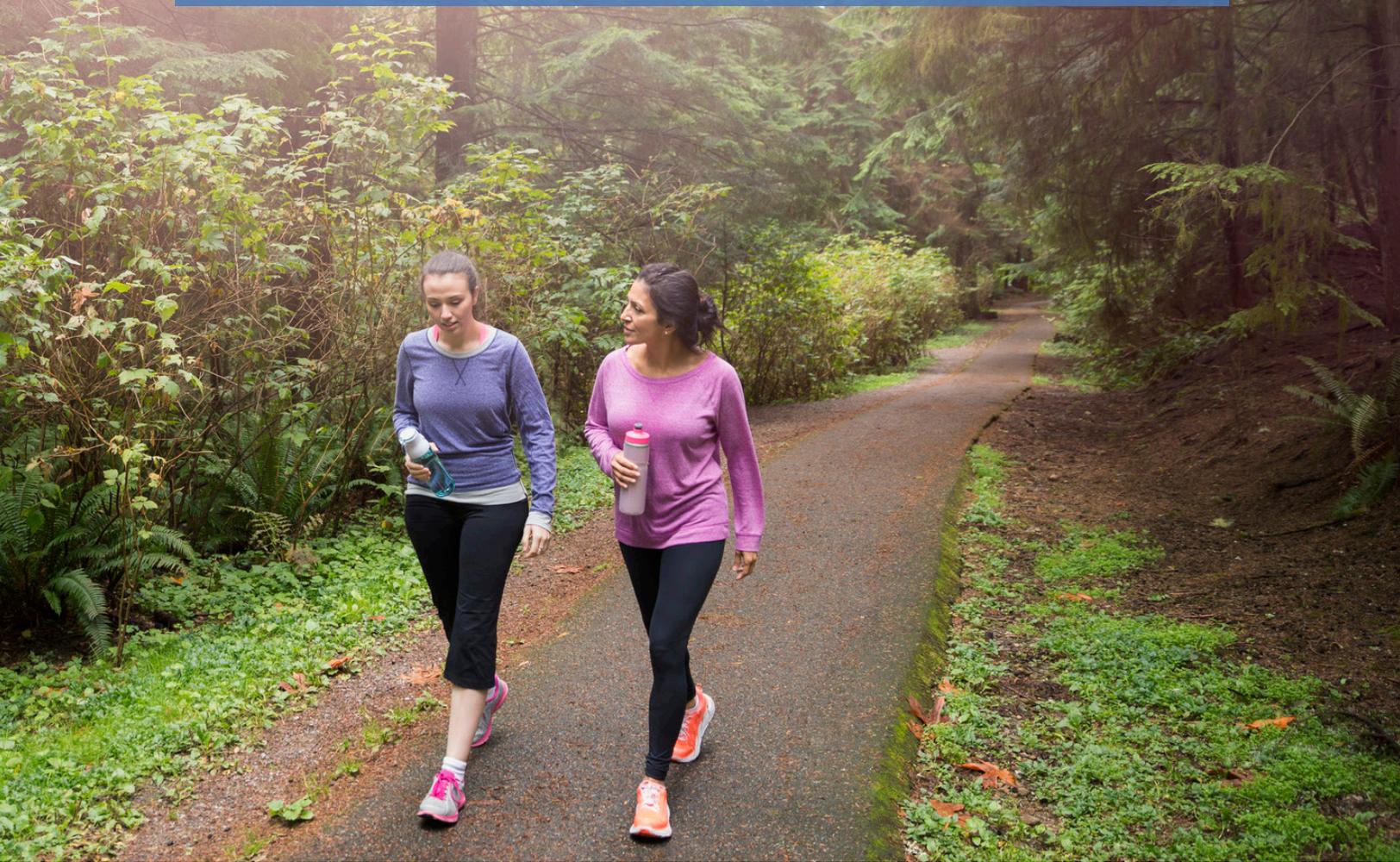


# 8 Ways to Get Walking

TURN SITTING SPELLS INTO WALKING SPELLS WITH THESE SUGGESTIONS.



**Walking is a great way to get the 30 minutes of moderate activity you need each day.** But that 30 minutes doesn't need to happen all in one chunk. To get bursts of walking in throughout your day, try one of these 10-minute walking tricks from Joan Pagano, author of *15-Minute Total Body Workout*.



The logo for 'myMood MATTERS' features a stylized green leaf icon above the text 'myMood' in a green script font, with 'MATTERS' in a blue, all-caps sans-serif font below it.

# 8 Ways to Get Walking *(continued)*

**1** ***Cross it off.***  
Bring your cell phone on your walk and use the 10 minutes to get something done from your to-do list. Schedule a doctor's appointment, call a friend or navigate through a customer service maze. You'll gain a sense of accomplishment, feel more relaxed and be less likely to open the fridge.

**2** ***Head to the local mall.***  
Instead of casually window-shopping, walk briskly, pumping your arms at a 90-degree angle to get your heart rate up. Walk from one end of the mall to the other and back. (Bonus: Bad weather won't be an excuse to skip your daily jaunt!)

**3** ***Move on up.***  
Climb a set of stairs for two minutes, followed by 30 seconds holding a "wall sit": lean your back against the wall and then slide down into a seated position where your thighs are as parallel to the floor as possible. Repeat the entire exercise—climbing and wall sit—three times.

**4** ***Pack your bags.***  
Always have your walking gear together in one place so you don't waste time tracking down your sneakers or a sweatshirt when you've only got 10 minutes to spare. Include a resistance band in your bag of gear and stop to do lat pulls halfway through your walk: With your arms shoulder-width apart, hold the band taut above your head and then slowly extend each arm out another 6 inches. Repeat 15 times.

**5** ***Treat yourself.***  
For an afternoon pick-me-up, take a walk to the nearest drugstore (or drive and park your car in the far corner of the parking lot) and splurge on a treat, like a nail polish or a new magazine.

**6** ***Find an evening activity.***  
Start an active after-dinner routine with your family: a 10-minute get-moving video game (think: Wii) or a brisk stroll around the neighborhood. No time? March in place from the opening credits to the first commercial break of your favorite show. Squeeze in your stomach (as if you were trying to fit into a slightly-too-small pair of pants) as you march, to strengthen your core.

**7** ***Call a buddy.***  
Make a date to walk together three days a week. Take turns playing follow-the-leader, or try things like side-stepping for one minute, which will target your inner- and outer-thigh muscles. Mixing up your movements helps build strength and agility—and can make a walk more interesting by breaking it up into shorter sections.

**8** ***Walk to the beat.***  
Create a playlist or choose a favorite artist that you listen to only when you work out. Vary your pace by changing music genres throughout your walking workout. For example, pair a fast Madonna dance song with something slow, like a Norah Jones track.