
Maine in Motion

Benefits and Tips

Benefits of Using a Pedometer

1. Walking has become the #1 participating sport for Americans.
2. Walking benefits your body and mind while lowering weight.
3. Walking can help prevent osteoporosis, reduce the chances of heart disease, lower blood pressure, and strengthen your muscles.
4. Increased physical activity can help in achieving better grades in school.

Walking Tips

1. Warm up and cool down with each walking workout.
2. Stay hydrated -- drink water before, during, and after walking.
3. Choose clothing right for the season and make sure you wear reflective clothing at dusk.
4. Eye and skin protection are a must during all seasons.
5. Choose safe routes and walk with a friend.
6. Wear shoes that fit and feel comfortable.