



# Morning Mile

Use this calendar to track your successes. Put an 'x' on your calendar every day that you complete a mile walk.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

## Who

- You
- You & a friend
- You & your dog
- You & your partner
- You & your coworker(s)

## What

- Walk a mile in the morning as many mornings as you can this month

## When

- As soon as you wake up or as soon as you get to work
- Set your alarm 20-30 minutes earlier

## Where

- In your neighborhood
- At work-- check out our campus walking maps online
- At your child's school--if applicable

## Why

- See our 'whys' on the next page
- What's your 'why'?
- What moves you?

## WHY?

- **Wake up** faster than any cup of coffee by getting your blood flowing first thing.
- Take time for yourself to **prepare for your day**. What are three things you'd like to accomplish today? What will you wear? What will you pack for lunch?
- Take time to **just be**. This is time for you to be you. You have no one asking anything of you. Relax. Notice your surroundings. Take in the fresh air. Be thankful.
- Get **more exercise**. Studies show that people who workout in the morning are more consistent with their exercise routines.
- Make **healthier decisions throughout the day**. You got in a big win this morning! You got the ball rolling. Keep the momentum going!
- Have **more energy** throughout the day. Walking first thing jumpstarts your metabolism (your body's break down of food for energy) and helps to stabilize that process throughout the day.

## HOW DO YOU FEEL?

Mark off the benefits you've experienced from your morning walks.

- Feel more awake
- Gives me time to plan out my day
- Gives me time to just "be"
- Get more exercise
- Make healthier decisions throughout the day
- Have more energy throughout the day
- Other \_\_\_\_\_

## WHAT MOVES YOU?

What will motivate you to walk more this month?

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## TIPS

- Figure out how long it takes you to walk a quick-paced mile. Then plan to wake up that much earlier.
- Have your walking clothes and shoes laid out the night before. Or just plan to throw a jacket over your pajamas and hit the streets.
- If your child's school offers a morning mile program, consider joining them for a little extra bonding time!
- Have your route mapped out, regardless of whether you're walking at work or at home.
- Go first thing! Don't wait until your coffee is ready. Don't check your email or read the newspaper. Just go!
- If you aren't comfortable walking a mile quite yet, start where you are. Give yourself 20 to 30 minutes to walk as far as you can. Then try to increase your distance every few days.
- Really can't walk a mile most mornings? Consider doing a short workout indoors instead. Choose something that you can complete in about 20 minutes.