



STAY MOTIVATED



1 Plan ahead

Pencil some walking time into your diary — just as you would with any other commitment. And if you're not used to being active, start with shorter walks and gradually build up your time and distance.





2 Walk and talk

Walking is a great excuse to spend time with your loved ones and motivate yourself at the same time. Walk to your local café or shops instead of driving or take a stroll through parkland or along the beach.

3 Be creative

Sometimes finding time and motivation to exercise can be hard. Be creative by making walking part of your everyday life — walk on your lunch break or take the stairs instead of the lift or escalator.



4 Keep track

Keep track of your progress by using a weekly chart (like the one on page 12) to get you started. Seeing your results can help you stay motivated and improve over time.

