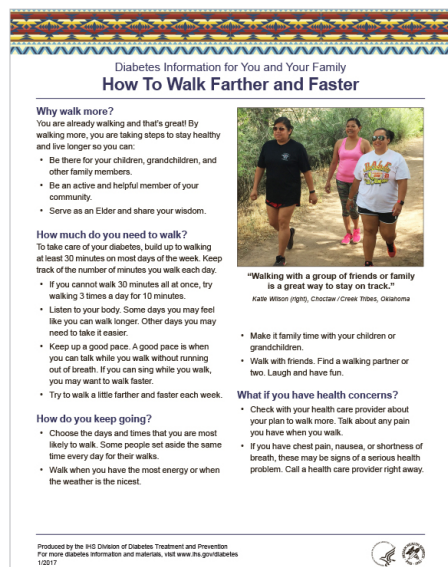


# Lesson Plan: How to Walk Farther and Faster



## Handout and Key Points

Handout to use: [How to Walk Farther and Faster](#)

This two-page education handout is designed to complement the conversation between the educator and participant. Download or order copies at no cost using the link above.

### Key Points to Discuss:

- Why walk more?
- How much do you need to walk?
- How do you keep going?
- What if you have health concerns?
- What if you miss a few days?
- How can you protect your feet?
- What are some safety tips?

## Objectives and Goal Setting

### Objectives

By the end of this lesson, the participant will be able to:

1. Explain the benefits of walking farther.
2. Identify ways to overcome common barriers.
3. State ways to protect feet while walking.
4. Identify ways to be safe while walking.

### Goal Setting

Participant will identify ways to overcome potential barriers to walking and set a goal to enhance their walking routine.

# How to Walk Farther and Faster



## Educator Resources

### IHS Division of Diabetes Treatment and Prevention Resources

- A variety of materials can be found on the [Division of Diabetes Clinician Resources](#) and [Standards of Care for Physical Activity](#) websites.
- Search the [Education Materials and Resources Online Catalog](#) for materials and resources featuring American Indian and Alaska Native people.
- [Integrating Case Management Into Your SDPI Diabetes Best Practice](#) [PDF – 290 KB] – Use this Case Management guide to assist you in meeting the health needs of individuals in your clinic and community diabetes programs.
- [Integrating Diabetes Self-Management Education and Support Into Your SDPI Diabetes Best Practice](#) [PDF – 275 KB] – Explore strategies and tools to enhance DSMES in your diabetes program.

### Looking for additional materials?

- **Video:** [Native Pedometer Trekking](#)  
Diabetes Program staff can watch this video for guidance on creating trekking maps intended to encourage Tribal community members to walk in nature. Using Google maps and pedometer steps, the video describes how Diabetes Program staff can create 3-5 outdoor walks of varying distances and terrain and help customize an outdoor trek that's right for the participant. (Running time: 3:23)
- **Video:** [Household Circuit Activity Program](#)  
Watch this video on how to create a household domestic activity circuit training using household and or yard chores in a defined period of time – without traveling to a gym or exercise class. The program is a creative way to get sedentary people into the pattern of regular physical activity and instill a sense of accomplishment. (Running time: 2:03)
- Read uplifting [stories](#) of people and programs making a difference in Indian Country. Also, learn about innovative ideas and activities from SDPI grant programs who are improving the lives of their community members.



## Participant Materials and Handouts

### IHS Division of Diabetes Treatment and Prevention Resources

Search the [Education Materials and Resources Online Catalog](#) for materials and resources featuring American Indian and Alaska Native people.

- How To Walk Farther and Faster
- How to Get Started Walking
- Know Your Numbers: A1C and Blood Pressure
- Tips for Managing Blood Sugar
- Working With the Diabetes Health Care Team

### Video: [7th Annual Cowlitz Tribal Health Walk](#)

Community members thinking about joining a community walk can draw inspiration from this video that features a Cowlitz Tribal Councilwoman with diabetes. Uncertain how far she can walk, the video ends on a positive note with the Councilwoman completing the entire 3.5-mile walk. (Running time: 4:51)

