



## How To Get Started Walking

### What may keep you from walking?

There are many reasons people do not walk:

- They feel they are too busy.
- They feel tired, sad, or sluggish.
- They feel out of shape or have aches and pains.
- They feel shy about walking. They may worry that people will think they are showing off.
- All of these feelings are common. With a little time, and by walking a few minutes each day, these feelings often pass.
- **Remember:** You are walking not just for yourself, but to be there for the people you love.

### Imagine looking forward to your walks.

- Picture walking as an inspirational part of your day – a special time either alone or with others.
- Be thankful while walking. Give thanks to the people who have gone before you. Be grateful for your body, your family, and friends.
- Enjoy the outdoors. Walk in the woods, along a dirt path, in a park, or by the ocean.
- Make it family time with your children or grandchildren.
- Walk with friends. Find a walking partner or two. Laugh and have fun.

### Today is a good day for a walk!

By starting to walk, you are taking care of your diabetes so you can be there for your family and your community.

### I think walking will help me:

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### To start walking, I will:

- Walk at these times: \_\_\_\_\_
- Walk at these places: \_\_\_\_\_

### Other steps I will take:

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See *How To Walk Farther and Faster* for tips on walking more.  
Go to [www.ihs.gov/diabetes](http://www.ihs.gov/diabetes) and search **walking** in the upper right corner of webpage.