

THE SIMPLEST WAY TO GET ACTIVE AS A FAMILY?

Add a daily walk to your routine

The pandemic has disrupted our routines. To stay active, create new rituals. One simple change is a daily family walk.

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The first time we told our 11- and 13-year-olds we were going for a family walk, you'd have thought the path was a trail of burning lava.

Although they weren't thrilled about it (to say the least!), after several weeks of lockdown, we knew we needed to get moving together. Walking was the simplest way. After all, the weather was clearly becoming nicer and far more welcoming for short trips around the neighbourhood or along local paths.

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To read more visit <https://activeforlife.com/daily-family-walk/>



Walking benefits your heart, and lungs, and improves fitness, muscle tone, strength and balance. Plus, it reduces pollution by decreasing car trips, improves sleep, relieves stress and helps combat depression. Pretty impressive for an activity that comes so naturally!

<https://www.heartandstroke.ca/articles/walk-your-way-to-better-health>