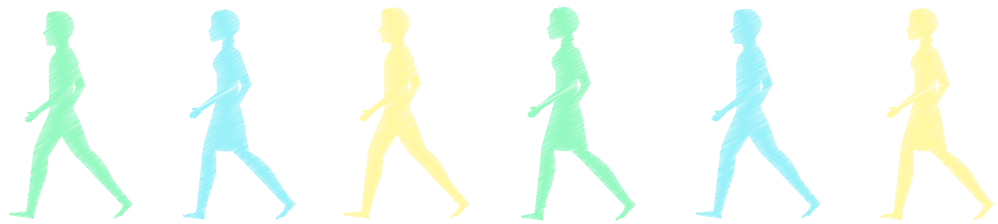


• TWEAK 2 •

MORNING MILE

Use [this calendar](#) to log a mile most mornings this month! Aim to walk when you first wake up or as soon as you get to work before you officially begin your work day.

TIPS



- Find a group to walk with at work. Gather a group of coworkers, neighbors, or friends!
- Build your morning mile into your work commute by parking further away.
- Figure out how long it takes you to walk a quick-paced mile (probably about 15-20 minutes). Then plan to wake up that much earlier.
- Have your walking clothes and shoes laid out the night before. Have a flashlight and personal safety device if walking in the dark. 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 walking with them for a little extra bonding time!
- Have your route mapped out.
- 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 yet, start where you are.
- Give yourself 20-30 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.

RESOURCES

WALKING APPS

MapMyWalk

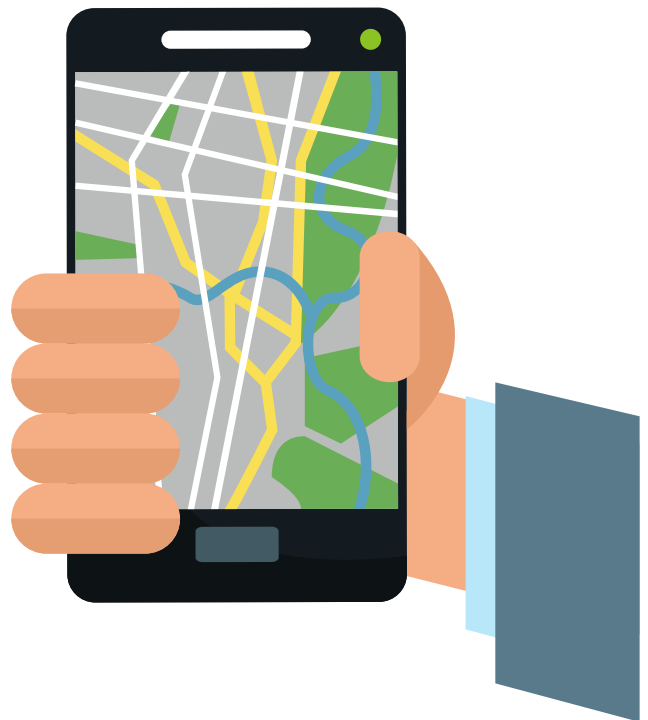
- Android and iPhone
- Map and measure your route, see your speed and calories burned, and save and share your routes

Virtual Walk

- Android and iPhone
- Distance walked gets plotted on a virtual walk through a scenic or historic place

Charity Miles

- Android and iPhone
- Tracks how many miles you've covered during your workout
- Earns money for charity on your behalf for every mile you move



WALKING MAPS

[Check out our UF and UF Health location walking maps!](#)