

Walking Program

Online Tools and Reading Materials

Online Tools

There are online tools and resources you can use to keep track of your progress and get information on walking and exercise programs. Some reliable resources include:

Small Steps (US Department of Health and Human Services) smallstep.gov

Small Steps provides examples of the power of taking small steps for long-term, sustained weight control and good health. The Healthy Lifestyles & Disease Prevention initiative encourages Americans to make small activity and dietary changes, such as using stairs instead of an elevator, or taking a walk instead of watching television. The website includes an interactive tracker to record your physical activity and monitor your progress towards a healthier lifestyle.

Presidents Council on Physical Fitness and Sports (the President's Challenge) presidentschallenge.org/the_challenge

The President's Challenge has expanded into a whole series of programs designed to help improve anyone's activity level, young or old. It's about choosing to live healthier, and finding things you really like to do.

The site offers a personal activity log to track your progress online, along with awards for reaching your goals. The President's Challenge can also be done as a group.

Shape Up America! shapeup.org

Founded in 1994, Shape Up America! is a nonprofit organization committed to raising awareness of obesity as a health issue and to providing responsible information on healthy weight management.

Reading Materials

Be Active Your Way: A Fact Sheet for Adults (HealthierUS.gov)

Selecting and Effectively Using a Pedometer (American College of Sports Medicine)

Walking...A Step in the Right Direction (National Institute of Diabetes and Digestive and Kidney Diseases)

Walking Log (Nebraska Office of Women's and Men's Health)

Tips to Help You Get Active (National Institute of Diabetes and Digestive and Kidney Diseases)

