

# Let's Get Active!

---

**Here are some ways to help you incorporate walking and exercise this winter!**

Walking is a great form of low-intensity cardio. This means it's heart healthy, and it doesn't have to be hard to add to your day:

- Walk with friends or family (a great opportunity to catch up after work/school)
- Schedule a set time to walk or be active
- Take the stairs or park farther from your destination
- Write a step/mileage goal and keep it somewhere you can see often
- Play with children/grandchildren

**Don't forget to stretch before/after your exercise!**



SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.