



ChallengeME MONTHLY MINUTE



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Monthly topic:

30-Day Walking Challenge

Join us for the 30-Day Walking Challenge to reach 10,000 steps by the end of the month.

Day by day during the first week, you'll start to feel stronger. Over the next couple of weeks, the walks will begin to seem easier. By the end of the month, you'll not only notice shifts in the way your body feels, but also a difference in your mindset.

Along with the triumph of meeting the challenge, you'll have established a daily habit of fitness, which is no doubt the most important result. And exercise will become something that you don't want to go without. It's life-changing!

You'll start by choosing your plan (Off-The-Couch Beginner, Intermediate, or Advanced), making the commitment, and then... Start Walking!

STEP METRICS

5 minutes = 500 steps

A beginner can do four 5-minute brisk walks to get to 2,000 steps

10 minutes = 1,000 steps

2,000 steps is approximately 1 mile of fitness

10,000 steps = 5 miles!

You've got this!

CHOOSING PROPER FOOTWEAR

Proper footwear should fit comfortably, provide adequate foot support, particularly in the arches, promote normal distribution of weight throughout the foot, protect the foot from injury including trauma, burns, and chemicals, and provide a clean, dry, and ventilated environment for the foot. Wearing proper footwear can improve your posture, eliminate discomfort, and prevent injury.

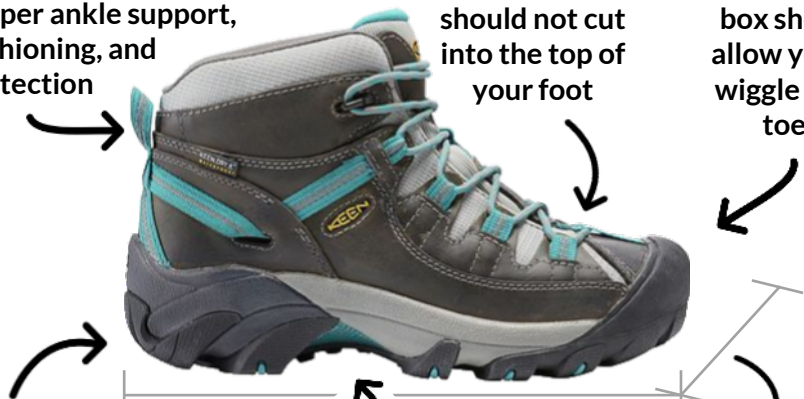
Some things to consider:

- Use shock-absorbing insoles if your job requires prolonged walking or standing on hard floors
- The shape and body of the shoe must be maintained, you shouldn't feel like you're "walking out of your shoes"

Your shoe should offer proper ankle support, cushioning, and protection

Steel toe caps should not cut into the top of your foot

Adequate toe box should allow you to wiggle your toes



Choose a shoe with a low, wide-based heel and well fitting heel cup

Look for a shoe with adequate arch support

Choose a non-slip, shock-absorbing sole

Adequate width and length to fit and support your feet comfortably

Take a Hike

Walking and hiking are great ways to get outdoors and get your steps! Check out some of these local spots this spring:

1. Vaughan Woods, Hallowell
2. Woodbury Sanctuary, Monmouth/Litchfield
3. Reynolds Forest, Sidney
4. Androscoggin Riverlands State Park, Turner
5. Rail Trail, Gardiner to Augusta
6. Cathance River Nature Preserve, Topsham
7. Mount Apatite, Auburn
8. Bradbury Mountain State Park, Pownal
9. Mount Phillip Trail, Rome



This Month

- 1-30: Walking Challenge
- 4th: Kennebunk May Day Parade
- 7th: Back Cove Run, Portland
- 10th: Pedorthist Lunch & Learn (HQ)
- 11th: Portland Magical History Tour
- 12th: Mother's Day
- 18th: Bug Light Kite Festival
- 19th: Sugarloaf Marathon & 15k
- 20th: Bird Walk at Fort Williams
- 20th: All Road Music Festival, Belfast
- 27th: Memorial Day

Coming Up June: Hydration with Fruit

Comments, questions, ideas, or submissions?
Please email: kara.a.aguilar@maine.gov