

SHARE THE WELLNESS TIP



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Mall Walking: The Excuse-Proof Exercise



Don't use the weather as an excuse not to go for a walk. If you can't go outside, head over to your local mall. You'll never have to worry about rain, snow, wind, or temperature.

To get started with a mall-walking routine:

- Ask your doctor or healthcare provider if you are fit for walking.
- Invest in comfortable workout clothes and shoes. Because the walking surface is hard, you may want to wear shock-absorbing shoes to protect your joints.
- Start walking. Shoot for 10 to 15 minutes at a comfortable pace. After a few days, increase your pace and time.
- Be mindful of temptations to spend money. Walk without your wallet or bring just a minimum amount of cash.
- Keep motivated by bringing along a walk buddy.

A few mall-walking etiquette suggestions:

- Walk on the right; pass on the left.
- Do not walk three or more abreast.
- Keep moving at a steady pace. If you need to stop, move to the side first.
- Respect mall property
- Avoid texting while you walk.