

## KEEP UP WITH YOUR WALKING PROGRAM



Congratulations on finishing the program! You have improved so much. We are very proud of you! We gave you tips for the last 3 months to start and maintain a walking program. You can visit any of the lessons to help you set new healthy habits.

Being active and eating healthy can help lower your risk of obesity, diabetes and some types of cancer<sup>1</sup>. Make your activities fun by only doing what is fun for you and your kids

### TIPS OF THE WEEK

- Do activities that are fun for you and the kids.
- Write down in a calendar the day and time you plan to walk.
- Walk 10,000 steps each day!

Here are some great ideas!

To keep up with your walking program, try this:

- Clip your pedometer on and walk throughout the day.
- Set time aside to walk outside in a park with your baby.
- Invite friends and other moms to join you.
- Write down in a calendar the day and time you plan to walk.

If you want to set a new activity goal, invite your family and other moms to join you. Choose activities that are fun. This is the only way that you will be motivated to be active! To continue to improve your health and your baby's health, remember to:

- Breastfeed
- Drink eight, 8-ounce cups of water
- Walk
- Eat Healthy
- Don't stress

## RESOURCES:

### CHAMPIONS FOR CHANGE

[cachampionsforchange.cdph.ca.gov/en/index.php](http://cachampionsforchange.cdph.ca.gov/en/index.php)

### MONEY & TIME SAVING TIPS THAT HELP YOU FIGHT FOR YOUR FAMILY'S HEALTH

[cdph.ca.gov/programs/cpns/Documents/BRO-208\\_04\\_10.pdf](http://cdph.ca.gov/programs/cpns/Documents/BRO-208_04_10.pdf)

### BE MORE ACTIVE

<http://cachampionsforchange.cdph.ca.gov/Pages/tipstogetmoving.aspx>

### HEALTHY RECIPES

[cdph.ca.gov/programs/cpns/Pages/Recipes.aspx](http://cdph.ca.gov/programs/cpns/Pages/Recipes.aspx)

## APPS:

### MAP MY WALK

[itunes.apple.com/us/app/walk-map-my-walk-gps-pedometer/id307861492?mt=8](http://itunes.apple.com/us/app/walk-map-my-walk-gps-pedometer/id307861492?mt=8)

### SET SMART GOALS

[itunes.apple.com/us/app/be-s.m.a.r.t/id581917406?mt=8](http://itunes.apple.com/us/app/be-s.m.a.r.t/id581917406?mt=8)

### CENTERS FOR DISEASE CONTROL AND PREVENTION. HEALTHY WEIGHT – IT'S NOT A DIET, IT'S A LIFESTYLE!

[cdc.gov/healthyweight/losing\\_weight/keepingitoff.html](http://cdc.gov/healthyweight/losing_weight/keepingitoff.html)

### 10 TIPS FOR MAINTAINING YOUR WEIGHT LOSS GOALS

[magazine.foxnews.com/food-wellness/10-tips-maintaining-your-2014-weight-loss-goals](http://magazine.foxnews.com/food-wellness/10-tips-maintaining-your-2014-weight-loss-goals)

### MAINTAINING YOUR DIET AND EXERCISE ROUTINE DURING THE HOLIDAYS

[myvmc.com/medical-centres/nutrition/maintaining-your-diet-and-exercise-routine-during-holidays/](http://myvmc.com/medical-centres/nutrition/maintaining-your-diet-and-exercise-routine-during-holidays/)

### EVERYBODY WALK

[itunes.apple.com/us/app/every-body-walk/id605043801?mt=8](http://itunes.apple.com/us/app/every-body-walk/id605043801?mt=8)

### FITBIT

[itunes.apple.com/us/app/fitbit/id462638897?mt=8](http://itunes.apple.com/us/app/fitbit/id462638897?mt=8)

### RUN KEEPER

[itunes.apple.com/us/app/runkeeper-gps-running-walk/id300235330?mt=8](http://itunes.apple.com/us/app/runkeeper-gps-running-walk/id300235330?mt=8)

## BLOGS:

### READY, SET, WALK

[prevention.com/fitness/fitness-tips/7-tips-start-fitness-walking-program](http://prevention.com/fitness/fitness-tips/7-tips-start-fitness-walking-program)

### HAPPY BEING HEALTHY

[happybeinghealthy.com/exercise/](http://happybeinghealthy.com/exercise/)

### FOR THE LOVE OF FAMILY, FITNESS AND FOOD

[sparkle.com/mommy-tips-tricks/](http://sparkle.com/mommy-tips-tricks/)

### FITNESS TIPS FOR MOMS

[jenniferischay.blogspot.com/](http://jenniferischay.blogspot.com/)

## VIDEO

### HEALTHY LIFESTYLE CHANGES TO MAKE TODAY

[youtube.com/watch?v=RIImOQCHTtB8](http://youtube.com/watch?v=RIImOQCHTtB8)

### NUTRITION CHANGES THAT IMPROVE HEALTH

[youtube.com/watch?v=Y5yseExAaoM](http://youtube.com/watch?v=Y5yseExAaoM)

### REFERENCES

1. Network for a Healthy California (2010). The power is I your hands – money and time saving tips that help you fight for your family's health. Retrieved from [http://www.cdph.ca.gov/programs/cpns/Documents/BRO-208\\_04\\_10.pdf](http://www.cdph.ca.gov/programs/cpns/Documents/BRO-208_04_10.pdf)