



WALKING TOWARDS WELLNESS



Walking Buddy System

Dear Participant,

Week #5 and do you have a walking buddy? If not, find one today! It will make walking more fun!

Companionship is the main reason to have a walking buddy. The walk always seems to be more enjoyable with a buddy!

Another reason to have a walking buddy is for safety reasons.

The combination of having support from and being accountable to another person for your exercise program can make all the difference in your success of **Walking Towards Wellness**. You can make excuses to yourself when you don't go walking, but it's harder to make an excuse to your friend not to keep a walking date.

Finding a walking buddy can be challenging. You need to make sure that your schedules coordinate, that you enjoy each other's company while walking and that you have the same level of commitment to the program. Take the time to find the right buddy!

Your best friend may not be your best choice, so spend time talking about what you both expect out of each other in the way of exercise time, duration, pace, and the process for cancellation or rescheduling.

Also, always remember that a pet will want to walk with you and will never call to cancel!