



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Create your own Walking Trail!

Use the walking trail posters in the link below to create an at-home walking trail. You can make your trail indoors or outdoors. There are 5 walking trail signs to create 5 stations that you will visit on your Wonderful Walks. Set a goal of walking your trail 5 days in a row and complete the daily activity.

- Walking Trail Link: <https://openphysed.org/wp-content/uploads/2020/03/AX-XK2-HHPH-ActiveHome-WalkWash-TrailPacket-V2-1.pdf>

Going on walks can be a great way to build **CARDIOVASCULAR ENDURANCE**. Cardiovascular endurance (cardio for short) is the ability of the heart, lungs, and blood vessels to supply oxygen and nutrient to the muscles during long periods of exercise.

The benefits of Cardiovascular Endurance

- Increased heart muscle strength
- Improved cholesterol
- Stress reduction
- Lowered blood pressure
- Mood and self-esteem boost
- Weight control
- Improved sleep

How do I know if it's cardio? – Ask yourself:

- Am I breathing hard?
- Is my heart beating fast?
- Am I moving for a long time?

Goal Setting

- What other cardiovascular exercise/activity can you do to increase your endurance each day? Set a goal and make a plan, you and your heart will be a winner!