



The *Busy Mom's*
Ultimate
Healthy
Habit

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Introduction

Welcome! In *The Busy Mom's Ultimate Healthy Habit* I will be teaching you how this one habit, walking, is the perfect habit for every Busy Mom to put into their lives.

We will be going over why walking, how to make it more fun for you and your kids, what kind of shoes you should use, how to track it because the habit that you can track is that habit that can be improved, how to make it an easy habit to do daily, and how to use it for weight loss.

There's a lot of great information in this book and I just know you're going to love it! Make sure to also dive into the free [Private Group](#) that will help you get any help or support that you may need to keep going.

I think that's enough introduction, let's dive in!

Walking and How it can Benefit *Busy Mom's*



There isn't enough space here to include all the benefits of walking, especially to busy mom's who carry the world on their shoulders. Walking is simple to do, but what is simple to do is also simple *not* to do. Most healthy mom's can walk even if it might seem hard at first, and you can walk almost anywhere, at any time. Plus, the only special equipment you need are some good walking shoes and a stroller if you have little children you want to bring with you. You're in business and ready to walk!

So why walk? Let's dive in to 13 reasons why you should give walking time in your *Busy Mom* life.

1. Burns More Calories – Walking burns calories like any other exercise, but without the impact and stress that other forms of exercise can like jogging or running. Even if you're not feeling well, you can go on a leisurely stroll and still get the benefits of the movement.
2. Builds a Strong Heart – Working out always helps your heart because it causes your cardiovascular system to work a little harder, which is good for it when you're healthy. Keeping your heart strong will lengthen your life. ¹

¹ My favorite supplement that support a strong heart (2), bone health (3), joint health (7), muscle health (12), and gives you that youthful look is with Modere's Liquid Biocell. It comes in 4 different focuses: [Life](#), [Skin](#), [Sport](#), or [Pure](#). Check out [21 Reasons You Need Collagen](#) and why Liquid Biocell to learn more.

3. Builds Better Bone Health – As we age, our bones become brittle and we experience more pain. This can lead to broken bones, osteoporosis, and other issues. But if you keep walking, working out, and moving, you'll be less likely to develop those problems. ²
4. Improves Balance and Coordination –Walking more often improves your balance and coordination because your body gets used to standing upright and moving. The more you use your body, the more it works for you. It's a matter of practice and strengthening the muscles and ligaments. Which is incredibly useful when chasing down a 2-year old!
5. Improves Your Lung Capacity – Walking, especially fast walking, will increase breathing and cause you to build your lung capacity. Usually it takes about six to eight weeks of cardiovascular workouts to see improvement. So remember to be patient with yourself.
6. Lower Your Blood Sugar – People with high blood sugar can see many benefits from walking and burning off that extra sugar in their blood. It's not a cure for type 1 diabetes but it can help people with type 2 tremendously, and it can help people with type 1 lower their insulin requirements.
7. Eases Joint Pain – As we age we tend to get joint pain, which is caused by arthritis and the breakdown of collagen in your joints. Fortunately, you can supplement collagen to support your joints. For those that have more of an issue with arthritis, it might seem counter-intuitive to keep moving through that pain, however, pain from arthritis absolutely can be reduced from movement. This is because arthritis causes build-up of scar tissue in the joints from lack of movement, so if you move more it can stop the problem.³
8. Boosts Your Immunity – Getting your blood pumping and your cardiovascular system working will also boost your immunity from regular common illnesses like colds. Especially when you know your kids just *love* to share. ⁴
9. Energizes You – Anytime you're feeling tired for no reason, or because you have a toddler that decided to not sleep the night before, try going on a quick, ten-minute walk with your toddler in the stroller and you'll find that you have much more energy. This is one reason a fast walk is an excellent way to wake up in the morning.⁵
10. Improves Your Mental Health and Mood – A nice walk in nature can vastly improve your mental health and mood. If you are feeling down, getting out in nature for a leisurely

² See above.

³ See 1 above.

⁴ Another great way to boost your immunity is by improving your gut health by increasing your probiotics and fiber. This has been my favorite [probiotic](#) because it comes in a daily serving that tastes just like a pixie stick. This makes it easy to grab and go while chasing down your kids, plus it's also really good for their little tummys as well.

⁵ Another great supplement that helps boost my mood is Go by Modere in [Fruit Punch](#), [Orange Citrus](#), and [Açai Pomegranate](#).

walk can help. If you're feeling anxious from something that your kids are doing, try a fast walk (even on a treadmill) to burn that extra energy.

11. Helps You Live Longer and Healthier – When you incorporate daily exercise into your life, it will extend your life so that you're around and **healthy** for your grandkids and great-grandkids. You'll also enjoy your life more because you won't be as sick or in as much pain, it's win-win!

12. Strengthens and Tones Your Leg Muscles – There is no hiding the fact that walkers have good legs, but it does also improve muscle tone all over your body - especially if you work on getting your arms in on the action and pay close attention to your glutes and core muscles.⁶

13. Boosts Your Creativity – Anytime you're having a creative block for anything you're trying to accomplish, like what to cook for dinner, or how to keep your younger kids busy, try going for a walk without technology. Just you, nature, your kids, and you'll get a boost of creativity that will carry you through the creative slump.

Walking is something almost anyone can do and many of the benefits you get aren't from doing it as a workout, enjoy it! You can receive a lot of great benefits just from getting you and your kids out of the house and strolling down the street. Because of that fact, it makes it the perfect exercise to start if you want to get healthier and improve your life in every single way. So when are you going to start your walking program? Stay tuned and we'll cover how to set up your own walking goal and program to get you started.

How to Make Walking *More* Fun For You and Your Kids

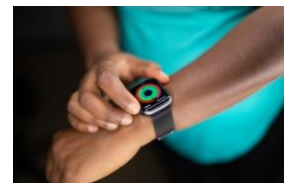
No matter how good something is for you, sometimes it can seem boring... Many people love walking, but if you're having issues getting into it, consider these tips for making walking more fun.



1. **Try New Walking Trails** – Giving your eyes and mind more to see is a great way to make walking more fun. Try walking around a historical neighborhood, walking on a mountain trail, or following someone else's trail that they've documented through a walking app. Even a simple search on Google will give you some amazing new trails to explore.

⁶ See 1 above.

2. **Play a Game** – Many people love playing games to walk. Organize a scavenger hunt with other moms in your area, which you can find inside the group (if you haven't joined it yet, [come on over!](#)) or another activity that incorporates walking and also get your kids involved in wanting to go walking. Another great game to play with your kids is “Eye Spy,” it is played by starting with “I spy with my little eye, something...” Then you say some description of the object that you chose, and your kids have to guess what it is. That way, you can get your kids involved in the fun and get more steps in.
3. **Pick Up Trash** – One way to do good and walk more is to adopt an area that you pick up the trash in. While this will slow your pace, it's an excellent way to get in the steps you need while doing something great for the environment. It's also a great lesson to teach your kids about being kind to our environment. If you're lucky, you may also live in a recycling area which might enable you to earn some cash by recycling any aluminum and glass that you find.
4. **Reward Yourself** – Set up periodic rewards for yourself. For example, if you reach 50,000 steps before Friday or do a walk everyday during the week, reward yourself for reaching your goal. Another great way to reach a goal is to include your family in the reward. Say you reach your 50,000 steps before Friday, you could earn a reward of a family trip to the pool or nearby amusement park, this way your kids are helping remind you to get your steps in.
5. **Hunt for Treasure** – Many people love geocaching. Basically, people hide things for you to find all over the world, in places that others have liked to walk or hike. Finding a treasure can make walking fun. To find out more, visit this site: <https://www.geocaching.com/play>
6. **Take a Friend** – Arrange Mom dates for walking. Taking a new mom friend on each of your walks is a great way to catch up since you can talk while walking fast and get in a workout.
7. **Add Power Walking Intervals** – It can really take your walk to the next level if you incorporate different styles of walking into your program. Try walking fast for one minute, then walking at your average pace for ten. If it's safe, drop and do some push-ups or sit-ups every ten minutes to make your walk more challenging.
8. **Count Your Steps** – Counting your steps using a pedometer is a great way to challenge yourself and to add fun to the walk. When you



compare your walking with others by using one of these devices like Fitbit⁷ or an Apple Watch,⁸ it can become more of a challenge and therefore more fun.

9. **Track Your Progress** – When you track your progress, it’s fun to see the results. Grab a journal⁹ and write down your weight, measurements and the date you took them before you start a new walking regimen. Then periodically check up on your stats from the steps you took and the trails you followed, to the way it’s affecting your body. I have loved using an app called MyFitnessPal to track my weight and what I am eating. I would also recommend taking pictures. Sometimes you don’t see the difference in numbers, but you definitely will when you can put pictures side by side.

If you are really having struggles, find a way to incorporate walking into your day that is more natural. For example, park far from entrances, walk to the store, and incorporate walking into every part of your life when you can instead of using modern conveniences.

Shoes for Walking



One of the things you need to consider if you want to start a walking program for yourself is your footwear. Finding the right shoe for walking is essential because if you have foot pain or problems with your feet, it can cause problems with the rest of your body too - from your legs to your knees to your back and more.

Buy a Walking Shoe

Walking shoes are typically lightweight, allow for ventilation to prevent moisture, have outsoles that provide traction, plus they offer the right type of arch support.

You Don’t Have to Buy Expensive Shoes

You don’t have to buy an expensive walking shoe for your feet. You only need to make sure it has the right walking shoe features such as those mentioned above. Look for shoe sales in January and April to get the best deals on walking shoes.

⁷ My sister-in-laws favorite FitBit is [The FitBit Versa](#), but if you want something easier on the wallet, then the [FitBit Inspire](#) would be one to check out.

⁸ My favorite has been the Apple Watch because of the features that come with the step and fitness tracking. The [Series 3](#) won’t break the bank, but the new sizes of the [Series 5 or 6](#) are great.

⁹ It doesn’t have to be anything fancy, but something inspiring like this [journal](#) can make all the difference in keeping your goals.

Think About How Your Foot Is Shaped

Everyone is different, so once you start looking at walking shoes you want to figure out what type of foot you have. How wide is your foot? How long is your foot? Do you have a big arch or a small arch? Different walking shoes will fit different criteria.

Ensure That the Shoe Fits

When it comes to walking shoes, you don't need to "break them in." They should feel comfortable from the moment you put them on. When trying on the shoes, be sure to wear the type of socks you plan to wear while walking to ensure that they fit properly. Also, try shopping for shoes after you have been walking so that your feet are at their largest size. Get your feet measured too, because you may be wearing the wrong size out of habit.

Don't Wear Old Shoes

You may not realize, but replacing your shoes more often can have a big impact on your walk. A good walking shoe will last about 400 miles of use, but you can also choose to get rid of them when the outsole is worn (as a guide). The best thing though is to check your mileage, just like you would for your car tires, having a device to help track your step will help you know when it's time for a new pair of shoes. If the outsole is not in good shape, it can cause a considerable impact on the rest of your body due to not giving you enough traction or cushion for your steps.

Wearing the right walking shoes will prevent issues such as blisters and body pain that can be caused by the shock of your foot hitting the pavement. That's why making sure that you have a good walking shoe, that has good shock absorption, and good materials inside to cushion for the impact of hitting the ground with each step. Your feet as well as your entire body will thank you.

If you're truly unsure about what walking shoes would be right for you, visit a local shoe store and they can help you choose the right shoe for you that will also be comfortable.

The Best Ways to Keep Track of Your Walking



When you are truly committed to something, the best way to succeed is by making goals and then measuring and tracking your progress toward reaching those goals. Most life coaches love the saying, "If you fail to plan, you're planning to fail." And, whether you like it or not, that's the truth. If you want to succeed in your walking plans to improve your health goals, then track your progress.

Let's look at some different ways that you can track your walking progress.

1. Buy a Pedometer/FitBit/Apple Watch – There are many different types of pedometers to choose from.¹⁰ You can easily get one from Amazon for about \$10 nowadays. A pedometer/FitBit/Apple Watch counts your steps for you so that you can simply wear it all day or when you are exercising to ensure you are reaching your daily goals.
2. Write in Your Calendar / Planner – A low-tech way (unless you use an online calendar) is to simply write down in your calendar how far you walked each day. That way you can ensure you're hitting your daily goals, which will also ensure you reach your long-term goals. Even if you are using an electronic means of tracking, sometimes it's more motivating to see your calendar filled with walking data.
3. Join an Accountability Group – On Facebook and other social media platforms, there are numerous support and accountability groups for walkers that you can join. There is a Private group you should have joined just for Busy Mom's, [come on over](#). It's a group made for mom's that want to help support each other in our different goals. You can tell the group your goals and find a mentor that will help hold you accountable in your walking goals.
4. Get a Fun Tracker App – [Fitbit.com](#) offers not only an app that is essentially a pedometer, but also more features such as joining with others to track your walking, sharing your walking, and meeting up with others who love walking. Another is [MapMyWalk](#) it's an app that tracks your walking progress, let's you find walking trails in cities across the world, and you can keep track of your time and distance.
5. Get Fun Personal Training Software – Need even more motivation to track your progress? A fun app that can help you stay motivated is called [Endomondo](#) or [FitOn](#). You can sign up for free, and it's like having a personal trainer in your pocket each day while you're also keeping track of your progress.

Tracking walking progress is essential to ensuring your success when walking for health issues. The only real way to be sure you are reaching your goal is to double-check your progress. If you write it down and look at it regularly, it will motivate you to do more.

¹⁰ See notes 7 & 8 for my recommended choices on FitBit and Apple Watch devices.

Creating Your Personal Walking Goals



The main thing to remember, no matter your goals, is that your goals should be SMART. That means they need to be Specific, Measurable, Attainable, Realistic, and Timely. If you make a habit of creating goals for all aspects of your life using this acronym, you'll be a lot more successful - no matter what you do.

But before you get started with your SMART walking goals, let's talk about some factors to consider as you're creating your goals.

1. **Know Your Fitness Level** – Almost everyone can walk. This includes people who are unhealthy. Even if you can only walk for five minutes. Start with your fitness level and set your goals accordingly.
2. **Know What You're Working Toward** – Pretend you stuck to everything on this journey; what is the dream goal you're working toward? Even if it seems crazy, knowing that final goal is essential for designing your plans.
3. **Know Your Time Availability** – This is part about being realistic. If you have a roadblock in regard to having enough time to devote to walking, you may not succeed. So be aware that maybe one time you choose won't work, don't give up! Plan another time.
4. **Focus on the Actions** – So many times if you have made a goal and then don't achieve it... it can become very discouraging. I want you to instead of focusing on only the end goal, focus on the actions that you'll be taking that day, that week and that month to reach your end goal.

Creating SMART Walking Goals

Here is my example of creating a SMART goal for you to follow:

- ⇒ Specific – My goal is to walk an additional 60 minutes per day by the next of three months, starting where I am now at only walking to catch up with my kids per day so that by the end of six months, I am easily walking 60 minutes a day.
- ⇒ Measurable – Every day, I will add 5 minutes of planned walking to my daily total per week. It will take me 90 days to reach 60 minutes per day. (For example: Week 1 adding 5 minutes every day, Week 2 adding 10 minutes, Week 3 adding 15 minutes, etc.)
- ⇒ Attainable – I am overweight but with no health problems, so my goal to walk an extra 60 minutes a day by the end of 90 days and to maintain it for six months is reachable in terms of my health.

- ⇒ Realistic – Adding in an extra 5 minute walk a day is realistic because I am healthy, and I have enough time. I plan to walk every morning after dropping my oldest daughter off at school between the 9 am and 10 am. I also have an indoor area I can walk in the house when the weather is terrible.
- ⇒ Timely – By adding the goal of reaching 60 minutes per day in 90 days, then maintaining that for another three months, it makes the goal timely.
- ⇒ THE GOAL: By the end of three months I will have added an additional walking time of 60 minutes per day and maintain it for an additional three months. I will walk in the morning after I drop my oldest off to school or in the house or treadmill when the weather is bad. I will feel more energized and healthier by adding in this extra moving time.

As you may have noticed, I added some anticipated feelings that I am looking for in my goal. I do this because if I don't make it personal, the goal and new habit of walking will not stick for long term.

Crafting a SMART walking goal will help you set up a plan that is achievable if you simply follow it. It is also one that you can easily edit if you find that perhaps adding just 5 minutes is too slow. So, evaluate, then change it. Once you have set the plan up, you can put it in your calendar, tell your accountability partner, and then just follow it. And before you know it, you will reach your goal without issue.

Creating Your Walking Habit

Now that you have formulated a SMART goal it's time to prepare you for actually creating the habit. For me, anytime I make a new goal or start a new habit to reach a goal, I struggle with keeping with it for long term.



If you have ever set out to do something different around your habits, such as change a habit or add a new habit, you may have come across a similar problem of losing your drive or simply forgetting because it has not been something you normally do. That is because any current habits that have been created are hard wired¹¹ into your brain. In order to change a habit you have to figure out 3 things that go along with each habit.

¹¹ This concept is from [The Power of Habit, Why We Do What We Do by Charles Duhigg](#)

1. The Cue
2. The Action
3. The Reward

Let's go over an example: Putting the kids to bed

1. The Cue: it's 7 pm
2. The Action: calling the kids to bed, starting the bed time routine of brushing teeth, putting on pajamas, reading stories, singing songs, and saying goodnight.
3. The Reward: your kids are asleep and you get to have some adult time.

If ever you change the getting ready for bed routine, you may have noticed maybe the kids don't go to sleep as easily, or they throw a fit, or ____ (fill in the blank). That's because you have created a habit, a routine, that provides the reward. For kids the reward may be the stories or songs.

Let's go over creating a new habit. You'll follow the same 3 principles, but you're also getting my favorite strategies I learned from [Atomic Habits by James Clear](#).

Set the Intention

Making sure to set the intention using this phrase of implementation: I will [new habit] at [choose a time] in [what location] on this [date].

For example, I will start walking at 9:30 am in the neighborhood around my house starting this next Monday.

Write this out, say it out loud, put it in your calendar, use whatever means you have to make sure that it sticks out in your head.

Habit Stack It

Habit stacking is the idea of stacking a habit that you already have and combining it with the new habit you wish to start.

For example, I take my daughter to school Monday through Friday, so I am going to start walking as soon as I get home from taking her to school.

Another great example is I will take a walk after I wake up before I eat breakfast.

Use The 2 Minute Rule

The 2 minute Rule is thinking backwards to the most basic first step you need to get started. For walking, it would be getting your walking shoes on. Then after doing that only walking for 2

minutes. You don't even have to leave the house for that one, simply walk around the house and then take your shoes off.

By doing this, you create the ritual of putting on your shoes and walking, from there it will be a lot easier to then increase the time that you walk once the ritual is set because your brain will start to crave the walk after you put on your shoes.

An extra help with creating this new habit is to switch how you think from 'how long does a habit take' to 'how many times to perform the habit'. While yes a habit takes time to take effect, the more often you perform the new habit, the quicker the habit sets in. Now if you're only planning on walking once a day, then stick with it!

Create the Right Environment

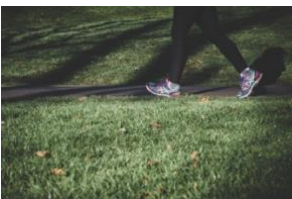
The last strategy from the [Atomic Habits](#) book is to create the right environment. As humans we go toward the path of least resistance. So make the choice easy.

Set out your walking shoes so that you have no choice but to put them on when you get up. Put out your clothes that you want to wear for your walk so that you have no reason *not* to wear them and then go on a walk.

And just like that you can have a real fighting chance to start walking and to keep walking for life.

Habits determine everything we accomplish or don't accomplish from being healthy physically, mentally, spiritually, and financially. It's simple, but it isn't easy, but I believe in you Busy Mom, you are capable of so much more and I hope that this small section will give you the edge you need to succeed.

Options For Speed Walking



Speed walking, power walking, race walking... These are terms that describe walking very fast without running or going into a jog. The main reason for speed walking over running and jogging is the damage that running can do to your body. Speed walking is a low-impact way of exercising that enables you to get more out of your walking workout.

Here are tips to follow if you are a beginner to make sure you get the most out of this type of walking.

1. **Stay Hydrated** – Start your walk hydrated and then drink small amounts throughout your course. Don't over hydrate yourself by drinking too much, but keep a keen eye on the amount of fluid you are ingesting to ensure your body stays optimally hydrated.
2. **Your Posture Is Everything** – When you are speed walking, it's imperative to keep your posture correct. If anything hurts, you may be doing it wrong. It can help to have someone checking in with you. Your spine should be straight, you should not be leaning forward or backward, and you should look straight ahead (not down). Keep your chin up so that you can reduce pain on your neck and back.
3. **Keep Your Form** – The way to walk when you are speed walking is different from your standard walking form. You need to relax your shoulders, keep your spine neutral, and keep your core tight. Ensure that you take natural strides that cause you to roll from your heel to your toe, giving you lift from your toes. When you want to go faster, don't make your strides longer - just quicker.
4. **Wear the Right Shoes** – You still need walking shoes that fit you well. It can help to go to a store that specifically deals in running or walking shoes to get fitted correctly with the right type of walking shoe. You also need to replace them every 300 to 400 miles of walking to ensure you don't experience any unnecessary pain while walking.
5. **Start Small and Add Daily** – Don't try to start speed walking 10,000 steps or 60 minutes in one day. Instead, work your way up to it. You can add some speed walking into your daily walk for a minute or two at a time, working your way up until you are doing the entire course speed walking.
6. **Find a Coach** – Anytime you seek out a coach or mentor, you do so because you may not everything you need to know in regards to speed walking. For example, you may need to find a coach or someone who is an experienced speed walker to demonstrate the proper form and then watch you on how you do it so that you don't injure yourself. It is quite a challenge to learn a new form in speed walking if you haven't done it before.

Because running is so hard on the body, with runners causing an impact on their limbs many times over their own body weight, speed walking and power walking can give you the same health benefits without the wear and tear and problems that running can cause.

Walking in Bad Weather



The thing that often puts roadblocks in a person's way when it comes to establishing a firm walking routine, is the weather. These tips will help you navigate and plan for that— because it will happen. That way, nothing gets in your way.

Remember, if you plan for any obstacles, you can implement that plan without any hiccups to reaching your goals. In order for these plans to work, I want you to grab a notebook, a piece of paper and write out your plan. Close your eyes and imagine that the obstacle of bad weather is happening at the time of your walk, it's raining cats and dogs. What are you going to do? Go over how you react to this problem; will you have a rain jacket? Will you have a rain fly for your stroller? Do you have the appropriate clothes to stay warm enough?

By imagining it before it happens, your brain is ready and more capable to handle it and move on with your goal.¹²

Let's go over some examples and how you could handle them.

It's Raining

When it's raining and wet outside, it's tempting to say you're not going to walk out there. Instead, you can walk in a mall, at a gym, and in other indoor areas. However, walking in the rain isn't generally unsafe and can be a lot of fun if you're ready for it.

It's essential, like any other time, that you dress for the weather. If it's raining, wear rain gear for walkers so that you can still use your hands to protect yourself from a fall. You might be surprised that walking in a gentle rain when it's above 60 degrees F outside can be fun.

Now if you are planning a walk with your kids, again just make it fun and make sure both you and your kids are dressed appropriately and maybe have a [rain fly to cover your stroller](#). You could even use Hot Chocolate as a reward for going in the rain.

It's Snowing

One issue with snow is the cold and the potential for ice. Check the weather to ensure it's not too cold, and there are no warnings about dangerous cold. Even if the weather is freezing it doesn't mean you cannot walk if you have the right clothing and shoes.

¹² This a tip I got from [The Power of Habit, Why We Do What We Do by Charles Duhigg](#).

Take shorter, smaller steps to avoid slipping, and wear the right gear to protect you - including the correct type of shoes and outerwear to protect against wind and wetness in order to keep your body safe.

You can always find an inside area to walk if you don't feel comfortable walking outside.

There's Ice Out There

One of the times you might want to consider skipping walking outside is if there is ice or there is a significant windchill factor. If you do find yourself walking on ice, it's important to take smaller steps that will be more like marching than walking normally. This will help you avoid slipping.

It's Hot as Hell

When it's hot outside, you can still walk. However, it is important to understand that there are times that it's best to stay out of the heat. The main thing about heat is to ensure you wear the right clothing as protection, you are drinking enough water to stay hydrated, and that you protect your skin and head from the sun with sunscreen or a protective layer made just for the sun.

It's So Humid

Walking when it's humid will make it feel much hotter and less comfortable, but you can still do it. You may need to walk slower, drink more water, and take more breaks. Wear thin cotton clothing so that it helps wick away the moisture from your body so that you can avoid chafing and blisters on your feet. Consider taking a change or two of socks for a longer walk.

There Is No Humidity

While it's always more comfortable outside even in hot weather when there is no to little humidity (as in the desert), drinking enough water is even more important. You should wear clothing to cover your entire body and your head to keep cool, plus plan on taking at least a gallon of water with you for each hour you plan to walk. You need way more than the eight cups of water a day in this type of climate; in fact, you may need up to 30 cups of water a day. That may sound daunting, but simply buy one or two water bottles and always keep them filled and around for you to drink.

It's Cold Outside

If it's cold but not snowing or raining, walking is a good thing to do. If it's not too cold to be outside safely (look to your local weather information), you can walk like you usually do even if it's down as low as freezing if it's not too windy or bad weather. Dress appropriately and you'll be fine.

It's Just Not Safe Outside

If you have determined it's just not safe for you to walk outside, or you simply don't want to due to the bad weather, you don't have to. You can go to a gym with an indoor track, the local indoor mall, and other indoor areas to walk, including a treadmill in your home when needed.

Walking in inclement weather is not hard to do. You simply need to dress accordingly and take enough water with you to keep yourself hydrated and healthy. If it's too uncomfortable, you can do just as much walking inside if you prefer.

Be Creative When You Walk



Many people claim that the reason they cannot walk more is their busy schedule, as a busy mama, I have definitely used this excuse. However, the truth is, the things you make time for are the things that get done. By planning for roadblocks and developing a plan to overcome them, you can fit walking into your daily schedule seamlessly without much trouble. Just follow these tips.

1. **Walk in the morning** – Start your day off by waking up just 30 minutes earlier. As moms, sleep is a treasured thing, but if you feel tired during the day or even at night you won't find the motivation to walk. If you set out to walk in the morning you will be amazed at how much more energy you have throughout the day. Set your alarm a few minutes early and plan on walking before the kids wake up. By starting your day right, you'll be ahead of the game.
2. **Walk during Lunch** – You shouldn't miss your food break, but you can eat a sandwich or fruit or a protein bar and walk at the same time. If you have a flexible office or are a work from home mom, another alternative is to walk during lunch and eat at your desk while doing your work.
3. **Only Watch TV while Moving** – If you like to watch TV, make a rule that you can only watch while moving. You can do this by setting up a TV on a wall mount in front of your treadmill and then set up a pair of Bluetooth headphones with the TV so the treadmill doesn't drown out the sound from the show. If you don't have a treadmill, you can just march in place during the show. That will bring lots of extra walking into your life.
4. **Listen to Audio Books** – If you like to read, but don't feel you have the time, consider listening to audiobooks. My favorite way to listen to my books is through [Audible](#). It has an amazing selection of books from self-development, to fantasy, to murder-mystery,

etc. A secret trick you can also do is that you don't get to listen to your books unless you are walking.¹³

5. **Park Your Car Further from Your Destination** – Always park as far from an entrance as you can and then walk to it. That is going to add a lot of steps, plus it's going to cut down on stress in parking lots. You're less likely to be involved in an accident if you park far from the crowd.
6. **Get Off the Bus Early** – If you take public transportation, don't get off at your stop but get off early in an area that is safe for you to grab 15 extra minutes of walking. This one may require a little bit of ahead thinking planning especially if you are on a time crunch or need to get somewhere by a certain time. So maybe instead of getting off a stop early, wait until your going home and walk to the further stop instead.
7. **Walk to the Store** – Do you live near a minimarket or some sort of convenience store? Instead of grabbing the next carton of milk by driving to the store, just walk to your local store. Even though it cost more money there, the added benefit of walking and using less fuel makes up for it. Use a backpack or a [stroller](#) with a undercarriage to carry your groceries home safely.
8. **Keep Your Gear with You** – Keep a set of walking gear in your vehicles such as shoes, socks, and clothing, so that you can dress for walking any time you want to. Maybe you find yourself an extra 15-20 mins early when picking your kids up from school, do a quick change in the back seat (if you can) or simply park your car and go for a quick walk until school is out.
9. **Add Walking to Your Daily Family Time** – Walking for 20 to 30 minutes after dinner used to be a time-honored tradition for families who lived in the suburbs in the days of wrap-around porches and close community connections. You can still do that with your kids and partner to add walking to your day while also spending time with the people you care about. Find a park that you can take your kids to in order to play and you walk circles around them so that you can always keep an eye on them.
10. **Avoid Sitting When Waiting** – If you must wait on people for appointments, instead of sitting, take the time to pace and walk. Even if you just march in place, it will make a difference.

Get creative! Have Fun! Any bit of movement you can squeeze out of your day is beneficial to your health mentally, physically, and spiritually. You'll feel better about yourself the more you walk, and it's going to show to others in your appearance and your health.

¹³ Another great tip learned from [Atomic Habits](#)

Walk For Charity

One way to make walking not only healthy but also beneficial is to find charities to walk for. The way it works is you find the charity and set up the walk by asking your friends and family to donate to the charity based on the number of miles you walk. This type of walking gives you extra incentives to get in shape, stay in shape, and keep walking.

Use an App

A great app for this is [Charity Miles](#). You download the free app, which is suitable for both Apple and Android phones, set up your account, and choose your charity. It will track your movements, report to the system, and sends the earnings to your charity of choice. You can find sponsors through the app as well as by asking friends, family, and small local businesses to sponsor you. You can also use this as a friendly competition among your family and friends. See who can walk the most in a week or month to have the most donated to charities.

Seek Out the Charity

If you already know what charity you want to walk for but don't want to use one of the apps, you can reach out to a charity event by contacting them directly to work out the details about starting a walk with them to raise money. Some charities already have yearly walking events that you can join and sponsor in your local area. You can look for more charities at [ACTIVE](#). This could be something to use as a motivational goal to work towards. Find a charity walk, sign up for one that is 3-6 months out and then at the end of your 3-6 months, you can participate in your charity walk.

Set Your Goal

Set your walking goals based on how much money you want to make and how much buzz you want to create for the fundraiser. You can make it challenging or fun depending on the audience you want to attract. You can do this by reporting daily on Instagram Stories, Facebook stories or going Live during your walk and sharing why you are doing this and how it feels and then invite people to join you. If you want more tips on how to build your social following, come check out this complimentary [5 day challenge](#).

Be Aware of Your Fitness Level

Before you start, you want to be aware of your fitness level. Can you walk for long periods of time without an issue? Even if you can only walk 30 minutes at a stretch, you can still raise money for your favorite charity. Knowing this level can help you set more realistic goals.

Train for Your Fundraiser

One way to ensure you meet your goals is to train for the fundraiser. If you want to walk a 50K for the fundraiser, you should work your way back from the date of the fundraiser and set up a training program that gets you to that goal when you're ready to do it. For example, you may want to add 100 to 1000 steps a day until you can make it.

Be Ready to Motivate Others

When you are doing a charity event, you'll make more money for your organization if you motivate your sponsors and your team by training, ensuring you are prepped and ready, and having high spirits about your goals and what you're doing.

Don't forget that there are already yearly walks for many charities. You can find out more about walking for charity by approaching specific charities directly or using Charity Miles or ACTIVE mentioned above.

Tips for Losing Weight Through Walking



Research shows that walking after meals can be more effective than any other walk that you do towards losing weight.¹⁴ Because of this, it's clear that walking can enable you to lose more weight than if you only concern yourself with diet.

Calories in Calories Out¹⁵

When it comes to any type of weight loss, the trick is to consume fewer calories than you expend. One way to be able to eat more while losing weight is to move more – therefore, burning more calories. To lose a pound of body weight, you need to have a deficit of 3,500 calories over what it takes your body to maintain its current weight. 3500 calories equals approximately one pound of body weight.

Use a Weight Loss System

Walking is a great way to start getting your body moving without the injuring your body from other movements such as running or weightlifting. But if are truly looking to lose weight, then using a simple, easy and proven system along side your goals will speed up your weight loss results.¹⁶ My favorites are the [M3](#) and [The Lean Body System](#) from Modere. These systems use

¹⁴ According to the National Library of Medication from the National Institute of Health in the US

¹⁵ I am not a doctor nor am a nutritionist. This advice is given from research and readings that I have done. Please also do your research and talk to your doctor before making any bit plans or changes in your diet.

¹⁶ I am not a doctor nor a nutritionist, so please discuss any weight loss systems with your doctor to make sure it will not interfere with any medications you may be taking.

scientifically proven and tested, you can check out others testimonials and results here in this [group](#).

Try Power Walking in Intervals

Because you know that calories in and out make a huge difference, you can do the math to find out how much you should lose if you're also tracking your calories taken in and burned. When you add power walking (fast walking) in intervals to your average walking pace, you can increase your calorie burn.

Add Resistance Training to Your Walk

Some walking trails have some of resistance training areas added in for you to use. Do squats, push-ups, burpees, triceps dips, and lunges periodically to add a challenge and extra calories burned into the walking workout.

Always Walk for 20 to 30 Minutes Post Meals

In addition to your typical "exercise" walks, try walking right after your meals before you clean up or do anything else. On this walk, you can walk at a moderate to easy pace. The point here is to assist your body with digestion. If you tend to have tummy troubles after meals, skip this part.

Walk Briskly

When you walk from place to place, like your car to the store or the bus stop to your front door, don't drag along. Pick up the pace and walk briskly. You should be able to talk but not sing if you're walking fast enough.

Use Technology

There are numerous apps to help you not only get your form right but also track your progress, including the steps you make each day. Apps like Fitbit.com and others really help and motivate - not only due to the numbers on the app but also due to the community that has been created.

Add Some Weights

When your normal walk isn't feeling like it's working you out enough, and you're otherwise in top shape, try adding some weights to your walk. There are [weighted vests](#) for just such an occasion to help. You'll burn more calories with every walking step.

Go Uphill

Try finding trails that have the occasional hill. Walking uphill works your body more and will cause a more significant calorie burn. Plus, it's good for your entire cardiovascular system to get your heart pumping faster.

Keep Good Posture

Always maintain the right posture for walking. You should stand up straight. Your feet should be a comfortable width apart with your toes pointed forward. Do not arch your back, but do engage your core muscles, and walk by rotating your hips forward with your buttocks. Keep your chin parallel to the ground, and your neck and shoulders relaxed. It helps if you focus on what is about 20 feet ahead of you, while also adding arm motions.

Finally, ensure that you are using the right stride. You should be hitting the ground with your heel, rolling through the step from heel to toe, and pushing off with your toes to get a faster pace. Don't pound the ground when you walk; focus on keeping the impact minimal while taking more rapid smaller steps.

Connect With Me

We have now reached the end of The Busy Mom's Ultimate Walking Guide. If you found value from this, I would love to hear from you. You can find me on:

[Pinterest.com/AHealthierBusyMom](https://www.pinterest.com/AHealthierBusyMom)

[Facebook.com/SarahLawyerPage](https://www.facebook.com/SarahLawyerPage)

Or shoot me an email: Sarah@AHealthierBusyMom.com

Reach out, follow me, or just say "Hi." I am here to help you be your best version of yourself, whether in providing simple healthy ways to feel healthier or by helping you find yourself in your very own business.

You are the reason I work my business and I truly believe that You are Amazing, Beautiful, and Wonderful, never doubt that.

Until next time, take care.

Sarah Lawyer

