



# WALK THIS WAY



WALK / RUN

## Helpful Tips

**USE THESE TIPS TO CELEBRATE SUCCESS AT EVERY STEP!**

### **1. Consult with your doctor.**

If you have a health condition or health risk, please speak with your doctor first before participating in this event to ensure your safety.

### **2. Include a warm up.**

Perform simple stretches to warm up your muscles before your walk or run.

### **3. Choose the right shoes.**

Wear proper and comfortable footwear for your walk or run.

### **4. Keep hydrated.**

Drink plenty of water to avoid dehydration and overheating.

## **5. Eat nutritious foods.**

Fuel your body with vegetables, fruits, quality carbohydrates, and lean protein.

## **6. Allow your body to rest.**

Allow your body to recover by designating time for rest.

## **7. Enjoy the event.**

This event is a perfect opportunity to exercise and get some fresh air, enjoy the activity!

**If you have any questions, please email [cmatlo@mpnh.org](mailto:cmatlo@mpnh.org)  
OR dial 604-879-8208**

**We look forward to your participation!**