



Wrap-Up  
Spring  
2017

## Walk Across Arkansas *Congratulations!*

The results are in, and it's time to announce the winners of Walk Across Arkansas spring 2017. Let's first acknowledge what we accomplished together this season. Throughout the state we walked 2,100,505 minutes. That's equivalent to more than 1,400 days of exercise. Together we walked 105,025 miles. That's a reason for each of us to celebrate. Now, comes the moment you've all been anticipating. The team that has been crowned champion of Walk Across Arkansas spring 2017 is the Recess Racers from Prairie County! They had a team total of 59,622 minutes. Conway County also won big with 475,696 minutes. Congratulations to our winners and job well done to everyone who moved with us this spring.



*Keep Going*





Staying committed to fitness can be a challenge, but it is important in order to maintain long-term health. For those of you who may not have reached your desired goal during this program, keep going. Remember, "if the plan doesn't work, change the plan but never the goal." If you've met your goal, now is the perfect time to set another. Hold on to that enthusiasm as you keep moving. As the Walk Across Arkansas program prepares to break for the fall, our hope is that each of you continues to move. Let's discuss things we can do to stay encouraged.

- **Think Back:** Not all victories will be won a scale. If you're feeling down about not yet reaching your goal, remember how far you've come to get to this point. Think back to when walking up a flight of stairs was exhausting and now you can do it without breaking a sweat. Consider how much better you sleep or perhaps reflect on how much more energy you have each day since you've begun exercising regularly. Celebrate these victories as you continue to push towards your goal.
- **Remember the meaning:** While fitting into an old pair of jeans or having chiseled arms are great incentives, the health benefits of exercise are even more enticing. Physical activity combats disease including stroke, type 2 diabetes and several types of cancer. Exercise is also a good way to manage stress and improve your mood. Remember, each time you exercise you are one step closer to a healthier you.
- **Switch it up:** If you've spent the last few weeks walking, try something different. It is easy to fall out of exercising regularly if you become bored. Choosing something new also comes with the challenge of completing a task. Achievement is a constant motivation to continue exercising. [American Heart Association](#) offers a variety of exercises you can incorporate into your routine to prevent you from growing tired of doing the same old thing.
- **Have fun:** Yes, exercising can actually be enjoyable. As you work to switch up your routine, keep track of those things you like doing. Try to incorporate more of those type of workouts into your regimen. Exercising with family and friends is another way to make things more exciting. Physical activity seems less like a chore when you're doing something you enjoy.

- **Reward yourself:** While the health rewards of exercise are numerous you may want to treat yourself with something tangible. Celebrate your hard work and achievement. You may buy yourself some new workout gear or shoes, treat yourself to a relaxing day at the spa, or plan a night out with friends. It is recommended that we stay away from food rewards to make sure we do not reinforce unhealthy eating habits. Go ahead and treat yourself, you've earned it!

Walk Across Arkansas is calling a time out until fall, but the game is still on. We hope that each of you uses these tips to help you remain active until next season. Stay committed and we hope you'll join us again later this year.



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