



Connecting Generations Through Walking

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Ka 'Aha

Weaving Generations to
Build Healthy Communities

An Intergenerational
and Aging Program

Fun, daily activities that focus on strengthening connections between different generations help to build strong, healthy communities.

For more information about the Ka 'Aha program and other intergenerational programs, visit

www.ctahr.hawaii.edu/kaaha

What is easy to do, low-cost, and provides health benefits to all ages? **Walking!** It's the world's easiest exercise available to everyone. The only things you'll need are a good pair of walking shoes and a bottle of water. Even sedentary people can start a walking program by checking with their doctor to find out the best level of exercise suited for them.

- A walking program can help adults and youth remain strong and fit. Numerous studies have shown that a daily, brisk walk can provide many health benefits, including
- Managing stress
- Sleeping better
- Improving mood and sense of well being
- Having more energy
- Improving learning ability and concentration
- Preventing certain diseases
- Maintaining healthy bones and muscles.

So, gather up family members or old friends—or new friends. Put on your shoes and take that first step out the door for some fresh air and fresh scenery. Walk often and reap the benefits of good health, good fun, and connecting with people of all ages for a lifetime!

Tips to make walking fun and safe

Find a walking buddy: Trying something different is always more fun with a “buddy.” This could be someone much older or someone much younger than you. Make a commitment that you will walk together for a specific time, on a specific schedule.

Remember the water: Drinking enough water will help to regulate your body temperature. Thirst is not a good indicator of hydration and means your body is already dehydrated. Heat, humidity, length of walk, and amount of sweat determine how much water you need. Remember to take a water bottle and drink water before, during, and after your walks!

Choose your pace: If you are just starting a walking program, start slow, then gradually work up to more time and longer distances. You should be able to carry on a conversation as you walk.

Engage in conversation: Leave music players and cell phones at home. Focus on each other, and use your walking time to engage in interesting conversation. Take turns choosing topics. Or, cut pieces of paper and write different topics on each. Put them in a bowl and pull one out before each walk. It'll be a surprise each time!

Steady but interesting: Keeping a daily routine helps you to remember to include walking into your day. Changing your routes and location can add variety and keep your walks interesting.