

Summertime Boredom Buster

Take Your Pants for a Walk Day!

Did you know that every year the month of July has a special/wacky day dedicated to taking your pants for a walk? That's right! July 27 is that special day. You may be thinking, "Are people putting their pants on a leash and walking them around as they would their pets?" Well, maybe some silly parent will be doing this with their children, but the idea behind the "Take Your Pants for a Walk Day" is for you, your friends and family to get out of the house and go for a walk. It is a great day to get some exercise!

You can wear your khakis, jeans, corduroys, or yoga pants; the choice is yours. The walk doesn't have to be long or over rough terrain. You could just go out for a stroll around your neighborhood, lake or park. Studies have shown that walking can have many mental and physical health benefits. Walking not only helps a person burn calories but people with kidney disease find that they are stronger and have more energy. They also have an improved mood and a more positive outlook on life when they are active.

Other great helpful benefits of staying active include:

- ✓ Reduces blood pressure
- ✓ Controls blood sugar
- ✓ Reduces cholesterol
- ✓ Strengthens muscles, bones and heart
- ✓ Stimulates your motor skills and your mind
- ✓ Controls body weight

Tips for the summer...

- You should always check with your physician before beginning any type of physical activity.
- Be sure to pay attention to how you are feeling and rest periodically when engaging in any physical activity. If you feel sick or a little off, be sure to seek medical attention.
- Don't forget to wear your hat along with those favorite pants!

How will you help celebrate "Take Your Pants for a Walk Day"?

Take pictures of how you are celebrating this whacky day and post it on social media. Make it a fun time with your friends and family by getting out and about and exercising.



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