

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!**

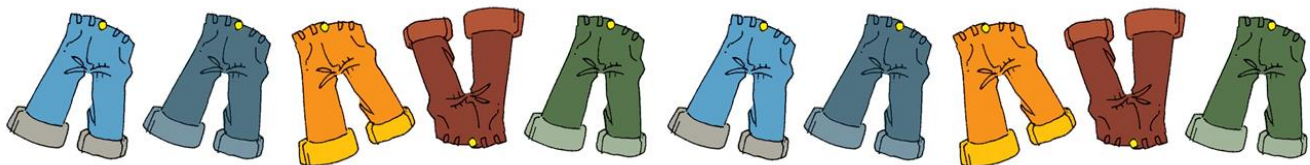
You can wear your khakis, jeans, corduroys, or yoga pants; the choice is yours. The walk doesn't have to be long or over rough terrain. You could just go out for a stroll around your neighborhood, lake or park. Studies have shown that walking can have many mental and physical health benefits. Walking 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

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.



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!