

Walking Your Way to Better Health

Walking is great for all ages—it's low impact, easy on the joints, and can be done anywhere! Start out slow, with 30 minutes a day, and then, increase your pace and the amount of time you walk. Remember, walking even a little is good, but more is better.

The health benefits of walking:

- > Increases bone density, muscle strength, and endurance
- > Increases weight loss and reduces body fat
- > Elevates mood and energy
- > Promotes intestinal regularity
- > Prevents and helps manage conditions like heart disease and type 2 diabetes

Here are just a few ways to increase the amount you walk every day:



Take the stairs. 1 flight equals 16 steps—that's 96 steps in 6 flights!



Park further away. Only 3 minutes of walking can earn you 228 more steps!



Take a hike. Besides the benefit of getting into the great outdoors, a 30-minute hike can equal 3,000 steps.



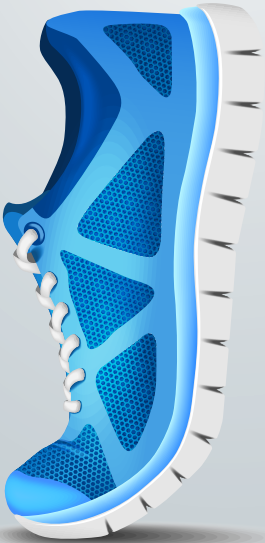
Practice your green thumb. Depending on the size of your yard, mowing your lawn can be more than 1,900 steps!



Go green with mass transit. Taking public transportation can increase your steps by 50% plus you decrease your carbon footprint. Win-Win!



Get up to gab. At work, INSTEAD OF calling, emailing, or instant messaging, GET UP and WALK OVER to the person with whom you want to communicate.



Steps Snapshot:

5 miles = 10,000 steps

1 Burger (563 Kcal) will take 2 hours of walking to burn off

Hiking requires 50% more energy compared to walking on a paved road

Walking 20 extra minutes a day can burn off 7 lbs of fat per year

To burn off one plain M&M candy, you would need to walk the entire length of a football field

Walking briskly for one mile in 15 minutes burns the same amount of calories as jogging one mile in 8.5 minutes

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| | Week 1 |
| | Week 2 |
| | Week 3 |
| | Week 4 |

Check the box for each week that you meet your walking goal.

Set a SMART goal to become more active by walking your way to better health.

A SMART goal is Specific, Measurable, Attainable, Realistic, and Time based.

1. What can you do to start walking more?
2. How will you measure your progress?
3. When will you celebrate your success?

References

“Did You Know-Fun Facts,” *Walking Connection*, accessed May 2017, <http://walkingconnection.com/did-you-know-fun-facts/>.

“Walking for Good Health,” *Better Health Channel*, accessed May 2017, <https://www.betterhealth.vic.gov.au/health/healthyliving/walking-for-good-health>.

“Set Realistic Goals.” MayoClinic.org. *Healthy Lifestyle-Fitness*, accessed May 2017, <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261?pg=2>.

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