

# WALKING

## *An Easy Step Towards Better Health*

### **The benefits of walking:**

- Lace up your walking shoes! – Walking can help you achieve or maintain a healthy weight.
- Prevent or manage many diseases, including:
  - Type 2 diabetes
  - Heart disease
  - High blood pressure
  - Osteoporosis
  - And cancers – including breast and colon cancer
- Become stronger from the inside out by gaining muscle and bone strength.
- Improve your balance and mobility.
- Lift your mood and fight off depression.
- Be smarter – some research shows that walking benefits brain health.



### **Walking tips:**

#### ■ **Find a friend (or two, or three, or twenty ...)**

Walking can be a great way to socialize with friends, family, co-workers or neighbors and maybe share a laugh or two to brighten your day. Consider enlisting others and forming a walking group. You can hold each other accountable and encourage one another to keep taking steps towards better health.



#### ■ **Wear the right shoes**

Be sure to buy a comfortable pair of walking shoes that properly fits your feet. Remember to replace them as frequently as necessary. A good pair of walking shoes typically wears out and loses protection after about 500 miles or four months depending on how much you walk and the kind of terrain you cover.



#### ■ **Set goals**

Set weekly or monthly walking goals at [www.walkingworks.com](http://www.walkingworks.com). Use a pedometer or GPS walking app to measure distances for mileage goals or simply use your watch to set timed goals. If you want to increase the duration or intensity of your walking workouts, simply challenge yourself to increase your miles or time spent walking by ten percent each week for several months. You might be surprised by how quickly the health benefits start adding up.



- Watch your posture
- Hold your head up high
- Shoulders back
- Swing those arms
- Suck in that gut
- Maintain a comfortable stride – don't overextend!



*Walking for the health of it.*



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