Walking Fits the Five Dimensions of Well-Being

• Physically—lowers blood pressure; decreases your risk for diabetes, heart disease and some cancers; strengthens muscles/bones and controls weight
• Emotionally—lifts your mood and lowers stress
• Spiritually—offers time for prayer and connection to God
• Socially—enjoy quality time with family and friends
• Financially—the only cost is a good pair of walking shoes

How Do You Start?
• Check with your primary care provider if you have existing medical issues
• Plan a safe route
• Buy good walking shoes and wear proper clothing for hot/cold weather
• Find simple ways to fit a walk into your every day routine
• Warm-up slowly, increase to a brisk pace and incorporate a cool down
• Increase the time, distance and difficulty each time
• Find a walking buddy to keep you motivated

Here Are Some Tips
• Use a pedometer/tracking device/smart phone app—most recommend 7,000 to 10,000 steps/day
• Map a route in a mall or locate an indoor track for year-round walking
• Invite others and make it a social time or a competition
• Consider a regular time for your walk and make it a habit
• Vary routes to keep it fun and interesting
• Try different speeds for your walks to elevate heart rate
• Hydrate

Adapted from http://win.niddk.nih.gov/publications/walking.htm

Provided by Wespath Benefits and Investments’ Center for Health
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