



Walk Your Way to Better Health!

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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