

Fall has arrived! Great time for walks!

Everyone should get at least 30 minutes of moderate-level physical activity on most days of the week such as brisk walking which can easily be split into at least 10 minute workout increments including things such as:

- using the stairs instead of the elevator
- getting off the bus a block or two early
- parking the car at the end of the lot

If you already exercise for 30 minutes it's beneficial to engage in longer periods of time or more vigorous activity

Benefits of Walking

- Easiest and cheapest way to exercise
- Can be done anywhere at anytime
- It is a cornerstone for good health
- Several health benefits of walking
 - Reduces risk of dying from heart disease or stroke
 - Lowers risk of heart disease, stroke, high blood pressure, colon cancer, diabetes
 - Lowers high blood pressure (hypertension)
 - Protects against falling and bone fractures in older adults
 - May help protect against certain types of cancer, such as breast cancer
 - Increase number of calories you body uses, which helps control weight
 - Helps control joint swelling and pain from arthritis
- Regular physical activity, such as walking, can also make you feel better because
 - Helps keep bones, muscles and joints healthy
 - Reduces anxiety and depression, boosting mood
 - Helps handle stress
 - Helps feel more energetic
 - Helps sleep better
 - Improves self esteem
 - Give opportunity to socialize actively with friends and family



All you need is a good pair of shoes!