

“Take a Walk...Anywhere”

When I meet a new patient, I usually share some basic health and wellness advice. It includes taking a multivitamin daily, high fiber diet, fish oil, proper hydration, good sleep – and do some kind of physical activity every day. You don't have to run a marathon or play a whole tennis match, but it is very good for you to do something active every single day. With your body, the “use it or lose it” rule is always in effect.

There was a recent movie filmed in our area starring Robert Redford titled “A walk in the woods” (which also featured photos of our friend Peter McIntosh). It was about two old friends who walked the Appalachian Trail, which happens to cross Rabun County up near the Towns County line.

We should all take a walk in the woods – or just walk anywhere for that matter. That is a great way to accomplish good daily activity. Right now is a great time to walk in the woods. The beauty of fall color is happening before our eyes, the air is cooler, breezes are nice, and there is still enough daylight to walk after work a bit.

You don't even have to run or jog, just walk a nice pace. You will be able to enjoy yourself while getting good exercise. It is good for your joints, muscles, lowers blood pressure, helps with weight management, and daily activity for diabetics can even help manage blood sugar levels. You don't have to hit it that hard – the goal is to use your body, keep it moving, and get your heart rate up some to burn calories and reduce stress!

So, take a walk in the woods. You don't have to walk the Appalachian Trail, but walk the Short Line Trail or part of the Bartram trail, hike up at Black Rock Mountain or walk around Black Rock Lake. Walk the steps at Tallulah Gorge and enjoy the walk around the rim and the sound of the river below. Go walk the track at Clayton City Hall, or take a stroll through downtown where you live. We have nice places to walk all over this great County. Use them and you will benefit in more ways than you can imagine. Get a friend or partner to go with you and inspire each other. Start slow and small, and walk more and faster as you get used to it.

As always - be safe, please! If you are walking where there is any traffic, wear bright clothing or a reflective device or carry a light at dusk. Take some water if you are going very far, and always have a well charged cell phone handy, just in case. If you would like some more information on places to walk and hike in our area – there is a great online resource at atlantatrails.com or see info at the Chamber of Commerce Welcome Center.

A simple walk in the woods, a road, trail, or path near your home will be very good medicine – and just what the doctor ordered. wa