

The Benefits of Walking



Walking Toward a Healthier You

There are countless physical activities out there, but walking has the lowest dropout rate of them all! It's the simplest positive change you can make to effectively improve your heart health.

Research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help you:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental well being
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Reduce the risk of non-insulin dependent (type 2) diabetes

There really are so many benefits for such a simple activity!

Sole-Mate: A Friend By Your Side

The thought of being alone can be enough to keep some people from walking. The best way to solve this is by finding a friend to walk with. You can plan walking paths that are convenient for both of you, or map out routes that take you places you've never been before. It's a great way to exercise and spend time with friends! Remember the Prince of Peace's walking group meets Mondays and Thursdays at the mall and Tuesdays at Sunrise all beginning at 9:30.

Information from the American Heart Association

Lanae Pickard OTR/L,CHT

