



Select
Health

Walking your way to better health



Walking is great for all ages – it's low impact, easy on the joints, and you can do it anywhere! Start slow and set a goal to walk 30 minutes a day. Gradually increase your pace and the amount of time you walk. Remember, walking even a little is good, but more is better.

THE HEALTH BENEFITS OF WALKING:

- Increases bone density, muscle strength, and endurance
- Leads to weight loss and reduces body fat
- Elevates mood and energy
- Promotes intestinal regularity
- Prevents and helps manage conditions like heart disease and type 2 diabetes

HERE ARE JUST A FEW WAYS TO INCREASE THE AMOUNT YOU WALK EVERY DAY:

Take the stairs. 1 flight equals 16 steps – that's 96 steps in 6 flights.

Park further away. Only 3 minutes of walking can earn you 228 more steps.

Take a hike. Along with the many physical and mental health benefits of spending time outside, a 30-minute hike can equal 3,000 steps.

Practice your green thumb. Mowing your lawn is a great way to get in extra steps.

Go green with mass transit. Taking public transportation can increase your steps by 50%. Plus, you decrease your carbon footprint.

Get up to gab. At work, instead of calling, emailing, or instant messaging, get up and walk over to the person with whom you want to communicate.

STEPS SNAPSHOT:

5 miles = 10,000 steps

It takes 2 hours of walking to burn off 1 burger (563 calories)

Hiking requires 50% more energy compared to walking on a paved road

Walking 20 extra minutes a day can burn off 7 lbs of fat per year

To burn off one plain M&M candy, you would need to walk the entire length of a football field

Walking briskly for 1 mile in 15 minutes burns the same amount of calories as running one mile in 8.5 minutes

WANT TO BECOME MORE ACTIVE?

Walk your way to better health. Set a SMART goal: Specific, Measurable, Attainable, Realistic, and Time-based.

1. What can you do to walk more?
2. How will you measure your progress?
3. When will you celebrate your success?

Check the box for each week that you meet your walking goal.

	Week 1
	Week 2
	Week 3
	Week 4



References

"Did You Know-Fun Facts," Walking Connection, accessed May 2017, <http://walkingconnection.com/did-you-know-fun-facts/>.

"Walking for Good Health," Better Health Channel, accessed May 2017, <https://www.betterhealth.vic.gov.au/health/healthyliving/walking-for-good-health>.

"Set Realistic Goals." MayoClinic.org. Healthy Lifestyle-Fitness, accessed May 2017, <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261?pg=2>.

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