

Small Steps, Big Success



If hitting the gym for 3 hours a day doesn't fit into your schedule, body building isn't your thing, and the thought of running long distances makes you wheezy, incorporating walking into your daily routine can drastically improve your health and physique. Walking is a gentle, low-impact exercise that can kick start you into a healthier, more active lifestyle. The ease and convenience of walking makes it a form of exercise that is accessible to just about everybody. It's safe, simple and does not require practice. Progressively adding 10

minutes of walking into your daily routine during your lunch break or after work until you reach a desired 30-60 minutes can provide endless health benefits which include the following: lower blood pressure, reducing your risk of or managing type 2 Diabetes, improving your mood, managing your weight, and reducing low-density lipoprotein (LDL) cholesterol.¹ All it takes to reap these benefits is a routine of brisk walking. It doesn't get much simpler than that! You can forget all about the "no pain, no gain" talk. Research shows that regular, brisk walking can reduce the risk of heart attack by the same amount as more vigorous exercise, such as jogging.¹

✿ Walking Wonders

- **The Duke University Medical Center found that a brisk 30-minute walk or jog around a track three times a week was just as effective as antidepressant medication in relieving the symptoms of major depression in middle-aged and elderly people.**²
- **Walking one mile a day can burn up to 100 calories. You could lose up to ten pounds in a year without changing your eating habits!**³
- **Walking 6,000 steps a day will allow you to improve your health, and 10,000 to lose weight.**³
- **A recent Harvard study shows that walking at a moderate pace (3mph) for up to 3 hours a week — or 30 minutes a day — can cut the risk of heart disease in women by as much as 40%.**³
- **One minute of walking can add an additional 1.5 to 2 minutes onto your life.**⁴

References:

1. Walking: Trim Your Waistline and Improve Your Health. Mayo Clinic, 2011. <http://www.mayoclinic.com/health/walking/HQ01612>
2. Exercise may be Just as Effective as Medication for Treating Major Depression. Duke Medicine News and Communications. http://www.dukehealth.org/health_library/news/300
3. Why Walk? Fun Facts for Motivation. Gaia Life: A Guide to Better Living. <http://life.gaiam.com/article/why-walk-fun-facts-motivation>
4. Walking and Wellness. Generation Magazine, 2011. <http://www.generationsmagazine.com/walking-and-wellness/>



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