

walk™ WITH a DOC

Take a **STEP** toward better **HEALTH**

Join UMKC School of Medicine physicians and medical students for health tips and advice.



- Health information
- 30 minute walk
- Walk at your own pace
- Meet like-minded people

FREE!

**Walk held at the
Blue Valley Recreation Center
7720 W. 143rd St. Overland Park
Come join us!**

- 10/6 Get a Good Night's Rest
- 11/3 Improve Your Blood Sugar
- 12/1 Colds, Flu & Sore Throats
- 1/5 Neuropathy
- 2/2 Osteoporosis & Osteoarthritis
- 3/2 Weight Loss & Exercise
- 4/6 Understanding Depression

Walks start at 10 am

www.bluevalleyrec.org

913 685-6090



Take a **STEP** toward better **HEALTH**

According to the American Heart Association, walking has the lowest dropout rate of any physical activity. Think it doesn't do any good? Think again. **Walking for as little as 30 minutes a day can have the following health benefits:**

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



Walking is low impact; easier on the joints than running. It is safe, with a doctor's okay, for people with orthopedic ailments, heart conditions, and those who are more than 20% overweight. In addition, research has shown that you could gain two hours of life for each hour of regular exercise! That quick stroll around the block seems a little more worthwhile now, doesn't it?

Make walking a part of your fitness regimen. Join UMKC doctors and medical students, Blue Valley Recreation staff and other people looking to improve their health at the next **Walk With a Doc** event.

Walk With a Doc is a national organization whose mission is to encourage healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country. Walk with a Doc was created by Dr. David Sabgir, a board-certified cardiologist who practices with Mount Carmel Clinical Cardiovascular Specialists - at Mount Carmel St. Ann's in Columbus, Ohio.

“ I have two doctors, my left leg and my right.”

-G.M. Trevelyan