

Wall 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



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



www.bluevalleyrec.org 913 685-6090



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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

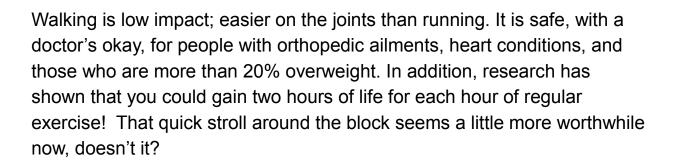
Enhance mental well-being

Improve blood lipid profile

Reduce the risk of osteoporosis

Reduce the risk of breast and colon cancer

Reduce the risk of Type 2 diabetes



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."