

We enjoyed the beautiful, spring weather for our first walk of 2022! Thanks to everyone who joined us. Here are a few takeaways from Dr. Cannon's talk about walking & exercise-

- Benefits of walking: maintaining a healthy weight, improved mental health, lowers blood pressure, lower risk for heart disease, stroke, diabetes, cancer, and many other chronic diseases
- Goal is 150 minutes of moderate-intensity activity per week.
- Moderate intensity is more than just strolling around the store.
- You should be able to talk while you walk, but not sing. This is called the "talk test".
- Try to do 20-30 minutes of moderate intensity activity each day.
- Walk with family or friends, make it fun!
- You can also increase your activity level by making small changes like parking farther away from the store, work, etc and taking the stairs instead of the elevator.

See you all at the next walk on Tuesday May 17th!