

# walk™ WITH a DOC

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

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



**Held on the indoor track at  
Blue Valley Recreation Center,  
7720 W. 143rd St., Overland Park, KS.  
Saturday walks listed below start  
at 10 am. Come join us!**

- Health information
- 30 minute walk
- Walk at your own pace
- Meet like-minded people
- 6/1 Arthritis - Why Walk?
- 7/6 Superfoods & Your Health
- 8/3 Benefits of Physical Activity

**FREE!**

[www.bluevalleyrec.org](http://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