

walk[®]with a DOC Healthy Living Series

WALKING

Walking is one of the **best** things you can do for your health. Many diseases, conditions, and ailments can be prevented or even healed by participating in regular physical activity. Fortunately, even moderate-intensity aerobic activity such as walking can provide these health benefits.

Benefits

- Physical **and** mental benefits
- Maintaining or obtaining a healthy weight
- Decreased risk of heart disease, cancer, and other chronic diseases
- Decreased blood pressure and improved cholesterol levels
- Prevention and management of type 2 diabetes and arthritis pain
- Lowered risk of depression & anxiety, improved mood & energy
- See 100 Reasons to Walk at www.walkwithadoc.org

How often should you walk?

- Adults should aim for 150 minutes of moderate-intensity aerobic activity per week (about 20-30 minutes/day)
- What is considered moderate-intensity? Use the "talk test" - if you can talk, but not sing, you're at the right pace.
- Pair with 2 days/week of muscle-strengthening activities
- Children should participate in 60 minutes of physical activity daily
- Walk, run, bike, swim, hike, dance - it doesn't matter, just move!

Ways to get active

- Find activities you enjoy and make it fun!
- Include your family, friends, neighbors, and even pets to act as a support system and help keep you accountable
- Find opportunities to move in your daily routine: take the stairs, park further away, host walking meetings, move during commercials
- Establish a short-term measurable goal and celebrate every "win"
- Keep a log/diary of activities. Wearables/technology can help here

