

Email Blurbs for Sleep Campaign:

Week 1 - A warm up and cool down may add a few minutes to your exercise routine, but it benefits your muscles, and decreases stress on your heart and lungs. Add 5 minutes before and after your walk to integrate this simple routine.

Week 2 – It may feel like a natural instinct, but when walking becomes a workout, you want to protect your joints from injury with proper form and function. Learn more about your stride from a casual stroll to a walk/run program.

Week 3 – Is a neighborhood stroll more effective than an hour in the gym? If you are looking for a well-rounded workout with well researched emotional and physical health benefits, you may want to do what comes naturally – put your shoes on and walk!

Week 4 – Do you struggle to find the motivation to make fitness a part of your life? You know the benefits of walking, but you can't seem to manage to "get up and go". Find your purpose. Luckily, the simplest of exercises - walking, can serve a variety of purposes. There's sure to be one that you can relate to that can help get you started.