

EVERY STEP YOU TAKE

WALK YOUR WAY TO HEALTH



Anytime you engage in physical fitness, you are engaging in self-care. Exercise is a necessary component of a healthy body, but making time for exercise – especially walking – provides an abundance of emotional benefits as well. Walking offers a holistic, well-rounded workout that you may not get from the gym.

Did you know a 10-minute walk is just as effective as a 45-minute workout to relieve stress and anxiety, and boost mood?

Added Benefits of Walking – Especially in Nature

- Increases happiness, energy, attentiveness and self-confidence
- Increases creativity and problem solving
- Increases communication between neurons to improve brain health

Implementing a walk into your day is an excellent investment in your physical and emotional health. No gym membership or expensive equipment necessary. The cost of a good pair of shoes is all it takes. So, open the door, step outside, breathe in that fresh air, and enjoy the journey!

“Walking is man’s best medicine.” - Hippocrates



Hippocrates said it best. The health benefits are numerous, and the research is clear. A sedentary lifestyle increases your risk of chronic disease and illness such as diabetes, heart disease, stroke, and cancer.

Walking can significantly improve a person’s health!

- Reduces risk of heart disease
- Lowers risk of obesity
- Reduces risk of breast and colon cancer
- Improves blood sugar and blood pressure
- Reduces risk of type 2 diabetes
- Improves blood lipid profile
- Reduces risk of osteoporosis

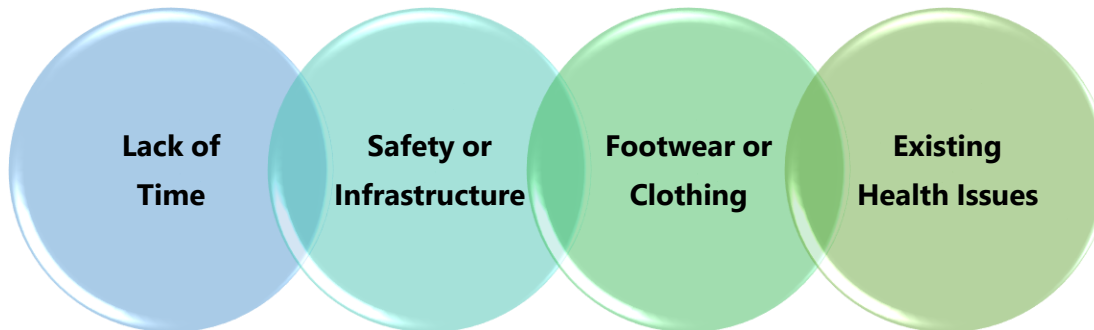
One study showed that a daily 1 to 2-hour walk reduced the risk of stroke in men aged 60 and older by one third!

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Breaking Down the Barriers

Why aren't more people participating in this simple lifestyle prescription?



Need some ideas on how to make walking easy to integrate into your lifestyle?

Lack of Time?

- Get up a half hour earlier and take a brisk morning walk before work.
- Take the stairs instead of the elevator – all day.
- Park at least one block away from work.
- Initiate a “Walk the Block” lunchtime walking group.

Unsafe Neighbourhoods or Poor Infrastructure?

- Concerned about traffic or lack of sidewalks? Walk in a public greenspace.
- Purchase a new or used treadmill and walk at home.
- Mall walk for 30 minutes or join a walking group.
- Find a walking partner and connect one-on-one with a friend or partner.

Improper Footwear or Clothing?

- Not prepared for rain? Purchase a water-repellent jacket or poncho.
- Buy a simple walking shoe for support and comfort when getting started.
- Walking barefoot (earthing) on soil, grass, or sand has proven health benefits.
- It's not a catwalk. Comfortable clothing is all you need.

Existing Health Issues?

- Speak with your doctor about ways to get started (e.g. rehabilitation program, physiotherapy, occupational therapy).
- Go at your own pace. If it doesn't feel right, slow down.
- Don't be sedentary. Start by standing, stretching, and moving where you can.
- Start small and build your way up. A 10-minute slow-paced walk is all you need to get started and feel the benefits.



Sources: <https://adaa.org/living-with-anxiety/managing-anxiety/exercise-stress-and-anxiety>
<https://www.forbes.com/sites/daviddisalvo/2016/10/30/six-reasons-why-walking-is-the-daily-brain-medicine-we-really-need/#4f323fff2a9d>
<https://www.ahajournals.org/doi/abs/10.1161/STROKEAHA.113.002246>
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