

Today is National Walking Day!

Don't let the rain stop you from getting up and moving today!

The Employee Wellness Program encourages you to wear sneakers to work and take at least 30 minutes out of their day to get up and walk.

Research has shown that walking at least 30 minutes a day can help you:

- Reduce your risk of coronary heart disease and stroke
- Improve your blood pressure, blood sugar levels and blood lipid profile
- Maintain your body weight and lower the risk of obesity
- Enhance your mental well-being
- Reduce your risk of osteoporosis
- Reduce your risk of breast and colon cancer
- Reduce your risk of non-insulin dependent (type 2) diabetes

Here are some tips to help you move during the day:

- Take the stairs all day!
- Change one of your meeting to a walking meeting!
- Park in the parking spot farthest away from your building!
- Walk during breaks and during lunch!
- Stand up every hour and walk around the office
- Keep track of your walking minutes throughout the day to get at least 30 total minutes!
- Most important – Have fun!

Physical activity is anything that makes you move your body and burn calories, such as climbing stairs or playing sports. Aerobic exercises benefit your heart, and include walking, jogging, swimming or biking. Strength and stretching exercises are best for overall stamina and flexibility.

The simplest, positive change you can make to effectively improve your heart health is to start walking. It's enjoyable, free, easy, social and great exercise. A walking program is flexible and boasts high success rates because people can stick with it. It's easy for walking to become a regular and satisfying part of life.

What if I can't make it to the time goal?

Something is always better than nothing! And everyone has to start somewhere. Even if you've been sedentary for years, today is the day you can begin to make healthy changes in your life. If you don't think you'll make it for 30 or 40 minutes, set a reachable goal for today. You can work up toward your overall goal by increasing your time as you get stronger. Don't let all-or-nothing thinking rob you of doing what you can every day.

Source: http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/National-Walking-Day-2013_UCM_448665_Article.jsp



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