



# One Step at a Time!

## Feeling sluggish? Are you drained?

### Then try walking\*

It's more than just a way to keep your heart healthy. It's a whole new way of life. It helps you meet people. It boosts your energy. And it's fun!

**Walking can be done any time of the day, anywhere, and by most everyone.**

### Have 10 minutes?

#### Take a walk.

#### Here are some benefits:

#### Feel Better

- Regular walking gives you more energy and helps you to relax and feel less tense.
- People who walk report feeling more in control, more alert and more positive.
- Walking improves sleep.
- Regular walking can cut your risk of heart disease by one half and benefits occur immediately.
- The US Surgeon General has determined that 30 minutes of moderate-intensity walking a day will reduce your risk of non-insulin dependent diabetes,\*\* heart disease, stroke, colon cancer, and osteoporosis. (\*\*formerly called adult onset diabetes)

#### Look Better

- Walking helps you lose extra pounds and it helps you stay at your desired weight.
- Walking helps control your appetite.
- Walking tones your muscles.

### Our Recommendations

- Walk at least 30 minutes, 5 days per week.
- Begin with just 10 minutes (everyone has 10 minutes). Then move up to 20 and 30 minutes when you are ready.
- Walk at a moderate intensity, that is, "as if you are going somewhere".
- Walk an hour per day for weight loss.

### Log Your Minutes Walked

- Go to [www.ecdhd.com/pace](http://www.ecdhd.com/pace) and log the number of minutes you have walked each day. Watch your progress over time and stay motivated.
- If you do not have access to computers, there are some available at the following sites:

#### ALBION PUBLIC LIBRARY

431 S 3rd Street, Albion

#### EAST CENTRAL DISTRICT HEALTH DEPARTMENT

(ECDHD) 2282 East 32nd Avenue, Columbus

#### ECDHD WELLNESS CENTER

3806 Howard Boulevard, Columbus

#### GENOA CITY LIBRARY

421 Willard Avenue, Genoa

#### SCHUYLER PUBLIC LIBRARY

1123 A Street, Schuyler

\*You may want to replace walking with swimming, bicycling, jumping rope, dancing, basketball, or raking leaves. If your health does not allow this, you may want to start with short walks inside your home, moving yourself in your wheelchair down the hall, or using your walker to walk for a few minutes. Start with a few minutes a day and then increase your time as you are able.