



Walk for Health!

Walking is one of the easiest things you can do to achieve and maintain health. You can do it almost anywhere and at any time. Walking is inexpensive, all you need is a good pair of sneakers or shoes.

The benefits of walking are endless!

- Walking gives you more energy;
- Walking helps you feel good, sleep better, relax and reduce stress.
- Walking also helps tone your muscles, controls your appetite and helps you to lose and maintain weight.

Research shows physical activity such as walking helps reduce your risk for developing chronic disease (such as diabetes, heart disease and some cancers) by as much as 30-50%!

Pedometer based walking programs help people stick to a program. Recent studies published in the Journal of American Medical Association have confirmed that lifestyle approach can be as effective as a traditional exercise program to achieve good health.

- A simple lifestyle approach includes walking more throughout the day.
- Pedometers (a small device which clips to the waistband and counts daily steps), coupled with 'tracking' daily walking steps have shown to be motivating tools to leading a more physically active lifestyle.
- Recording daily physical activities is the key lifestyle habit for developing lifelong consistency.

Small Steps Can Make a BIG Difference!