

Health Benefits of Walking

Maintain a Healthy Weight

Walking increases the metabolism and helps burn excess calories. Just 30 minutes of walking per day can lead to an additional 200 calories burned per session.



Prevents Bone Mass Loss



Walking can help maintain bone mass, diminishing chances of broken bones and hip fractures. One study shows that hip fracture are reduced 40% by walking 30 minutes a day.

Reduces the Risk of Disease

Walking reduces the risk of coronary heart disease, strokes, diabetes, high blood pressure, bowel cancer and osteoporosis.



Improves Sleep



Studies have shown that walking at least 30 minutes a day can significantly reduce cases of insomnia.

Increased Balance and Stability

Walking engages the hips, abdominals and other muscles to ensure a person can stay balanced. With this balance and stability, the occurrences of slips and falls are reduced.



Improves Your Mood



Walking releases endorphins, making people happy and improves mental stability. Walking has also been proven to fight depression.

Increases Social Opportunities

Walking encourages social interaction with planned walks or casual encounters. These interactions help decrease depression caused by isolation.



Supports Your Joints



Walking lubricates knee and hip joints and strengthens surrounding muscles, reducing the strain placed on joints. Walking can help reduce arthritis pain.

Let's Get Walking!

Tips to get started

Start slow - Start with light short walks. Try to build up to at least one 30 minute brisk walk a day.

Make it Fun - Plan a trip to the park, a store, or an event in your neighborhood. Try to get out with friends and loved ones.

Walk Comfortable - Do not push past the point where you feel comfortable.

Prepare for Inclement Weather - Seek out alternative walk locations on hot or cold days. Try schools, malls and business parks.

Pick up the Pace!

Once you are more comfortable walking, try to go a little faster and further, but take the following precautions:

Wear Proper Gear - Wear shoes with proper support. Dress appropriate to the weather. If walking at night, consider wearing reflective clothes.

Choose Your Course Carefully - Try to avoid cracked sidewalks, paths with low hanging branches, potholes and uneven turf. Reach out to your local representative and alert the city if your sidewalk needs work!

Warm Up and Cool Down - Start the first 5-10 minutes of your walk slowly. Allow your muscles to warm up. At the end of your walk, allow your body to cool down by slowing down your pace.

Stretch! - Always remember to do a light stretch either before (after your warm up) or after your walk.

Use Proper technique!

Proper Walking Technique

Based on recommendations from the Mayo Foundation for Medical Education and Research

