

# JUST WALK



In every walk with nature one receives far more than he seeks.  
**John Muir**

My grandmother started walking five miles a day when she was sixty.  
She's ninety-seven now, and we don't know where the heck she is.  
**Ellen DeGeneres**

Me thinks that the moment my legs begin to move, my thoughts begin to flow.  
**Henry David Thoreau**

Above all, do not lose your desire to walk. Every day I walk myself into a state of well-being and walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it.  
**Soren Kierkegaard**



## Organizing a Healthy Walk at Work

### **Step 1: Permission from the Boss**

Meet with your Supervisor and share the “who, what, where, when, and why” you would like to organize a Healthy Walk at Work. Obtain the OK to set a date.

### **Step 2: Set a Date and Time**

Choose a date and time that will work for your staff members. You may wish to pick a rain date. (Healthy Ulster Week is a great time to start!)

### **Step 3: Plan a Route**

Map out a 10-15 minute walk near your place of work. Keep safety in mind. Look for even surfaces on sidewalks or trails, note crosswalks and stop signs that will keep your group safe.

### **Step 4: Invite and Inspire**

Invite staff, including date and time of the walk. Include one of the “10 Reasons to Walk” articles included in your tool kit! Talk about it... a lot! Share it on Social Media. If there is funding, provide an incentive such as a pedometer.

### **Step 5: Sign Ups and Commitment**

It's true. People are more committed when they sign their name. They are even more committed when others can see that they signed their name!

### **Step 6: Promote Walking Shoes**

Remind your group to wear walking shoes! For fun, send out the “Sneaker to Color” from your tool kit. Feature the best one via email or social media.

### **Step 7: Invite and Inspire Some More...**

A week before the Healthy Walk date, remind everyone. Share the list of who is going!

### **Step 8: Remind Everyone of the Date and Time**

Remind everyone the day before to their walking shoes

### **Step 9: Bring a Balloon for Fun and Safety**

Balloons are fun. They are also visible. Bring a balloon or two, one for the walking group leader, and one for the caboose.

### **Step 10: Take a Group Picture!**

Take a group picture of your walkers! Share with staff, your website, and social media. Ask your ‘walkers’ if they’d like to participate in a short daily walk.

# **Walk** **May** (day) **at** (time)

## **The 7th Annual** **Healthy Ulster County Week** **May 6 - 14, 2017**

*"I am working hard to make Ulster County the healthiest county in New York State."*  
Mike Hein

*Your Organization Name Here*  
**Invites you to**  
**Walk with Us**  
**Date**  
**Time**  
**Location**  
*(or join us along the route)*

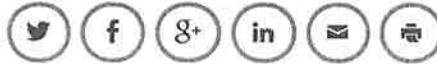


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# Ten reasons to walk

Amanda Tomlinson

March 26, 2015 Updated: March 25, 2015 04:47 PM



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**Incorporate walking into your day with these easy tips**

**Get good shoes.** Walk in properly fitting trainers to ensure your walk is comfortable.

**Make it fun.** Play your favourite music while walking to keep you moving at a quick tempo and make your walk more enjoyable.

**Window shop until you drop.** Wear your walking shoes and walk around the shopping malls, particularly in hot weather. You can enjoy looking at the latest fashions while taking care of your health.

**Make it a family affair.** Bond with your family over a brisk 30-minute walk around your neighbourhood or your local park.

**Cancel your dinner out.** Instead of catching up with friends over dinner, invite them to join you for a nice walk. Walking with friends or co-workers makes walking more enjoyable.

**Keep it short and sweet.** Go out for a short walk before breakfast, after dinner, or both. Start with five to 10 minutes and work up to 30 minutes.

Park at the farthest possible parking point and walk briskly to your destination.

**Pick up the pace.** To warm up, walk at an easy tempo for the first several minutes. Then gradually

## One-page article

No more excuses. It's easy to fit in 30 minutes of physical activity a day. Take the stairs, park farther away from work or walk around the block at lunchtime. Walking. It's easy, cost-free and almost anyone can do it, regardless of age. We walk every day, in varying amounts, but put little thought into the benefits. In reality, it's one of the best forms of exercise you can do.

Think about it — no need for fancy equipment (a comfortable pair of shoes will do), no need for expensive gym membership fees and it can be done almost anywhere.

Dr Saf Naqvi, the medical director and consultant physician and endocrinologist at Imperial College London Diabetes Centre, says that everyone should aim to walk for at least 30 minutes a day, every day.

Here are 10 great reasons why you should walk every day.

### 1. Lose weight and get fit

One of the biggest reasons people undertake any form of exercise is to lose weight and improve their fitness. As a general rule, an 80-kilo person will burn 100 calories for every 1.6 kilometres they walk. If you weigh less, you will burn fewer calories and the reverse is true if you weigh more. You will also be improving your cardiovascular health and strengthening your bones. What's more, the American Heart Association suggests that for every hour of brisk walking, life expectancy can increase by two hours.

### 2. Control and even reverse diabetes

"Evidence suggests that walking is one of the most effective forms of exercise, especially when it comes to preventing diabetes or living with it," Naqvi says. Excess weight and physical inactivity are among the leading causes of type 2 diabetes — controlling weight and increasing physical activity will go a long way towards preventing and even reversing this lifestyle disease. But walking also helps to regulate blood-sugar levels, which makes it especially useful in the management of diabetes. A 2001 study in Sweden measured blood-glucose levels before and after half an hour each of walking and resting, and found that glycaemic levels were reduced after activity, suggesting a walk after meals is beneficial for people with diabetes.

### 3. Improved heart health

Studies have found that walking can lower blood pressure, improve blood cholesterol and reduce body-mass index, thus lowering the risk of heart disease and stroke. Walking for 30 minutes a day, five days a week, can reduce the risk of heart disease by 19 per cent.

### 4. It's free and easy

There are no excuses not to walk. It costs nothing, it can be done anywhere and at any time. The UAE's constant sunshine means we can't blame the rain for not going outside and there's also the added benefit of vitamin D from sun exposure. In the warmer months, when the heat prevents outdoor activity, there are mall-walking groups, which are free to join, and many apartment blocks have gyms with treadmills.

### 5. It's low-impact

Unlike running and other forms of cardio exercise, walking places very little pressure on the joints, which makes it ideal for those who are unfit or have joint and mobility issues. It also means there's less risk of injury.

### 6. It can be done with friends, family, solo and in groups

There are few activities as versatile as walking. You can drag your friends and family out for a walk around the neighbourhood after dinner, or go it alone. For those who prefer the support and friendship of group activities, there are both indoor and outdoor walking groups across the country. And if

adopt a more brisk pace. A good way to add variety is to incorporate some brisk intervals. For example, walk one block fast, one block slow and repeat several times.

**Take the stairs.** Start slowly and gradually build up to two flights at a time. Refrain from pushing yourself too hard during the initial stages. Instead of standing still on the escalator, climb it.

Carry your walking shoes and change your shoes to walk around as soon as you get a chance. For example, do your grocery shopping or go for a quick trip around the shopping mall in the evening before going home.

you needed any more reasons to walk, a study in 2014 showed that walking helps to boost creative thinking, so encouraging your colleagues to abandon the meeting room in favour of a stroll around the building may not seem like such a crazy idea.

### 7. Reduce stress

Like any form of physical activity, walking is known to reduce stress and improve your mood, says Naqvi. "Exercise triggers the release of endorphins, which are potent brain chemicals that relieve pain and stimulate relaxation. Therefore, the more you walk, the higher your level of endorphins and the greater your sense of calm and well-being," he explains. Supporting this is a British study published in the *Scandinavian Journal of Medicine & Science in Sports* in January which found that people who walk for 30 minutes during their lunch break, three times a week, felt more enthusiastic, more relaxed and less nervous.

### 8. Boost self-esteem

When you look good, you feel good too, and that has a huge effect on your self-esteem and confidence. When you are active, your skin glows, your body weight becomes more regulated and your endorphins kick in to elevate your mood.

### 9. Improve sleep

Research has found that a brisk 20- to 30-minute walk can have the same calming effect as a mild tranquilliser, Naqvi says. But did you know that going for a walk every morning helps you sleep better? Morning exposure to sunlight regulates melatonin levels — melatonin is the hormone that controls the body clock — helping you feel alert during the day and sleepy at night.

### 10. Save money – and the environment

Taking the stairs instead of the lift or escalator reduces electricity use, which not only means you're helping someone somewhere save money, but also that, ultimately, you're helping the environment. Similarly, if you walk to your destination, instead of driving, you'll not only save yourself money in petrol and wear and tear on your vehicle, you'll also be saving the environment. More than anything, though, looking after your health, by walking and being active, helps save money in health-care costs.



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# Top 10 Reasons to Walk



## 1. **It's Great Exercise:**

Walking at a steady pace for 30 to 60 minutes a day is an excellent way to get active and be healthy.

## 2. **It's Good for the Heart:**

Walking on a regular basis can reduce blood pressure and improve blood circulation, decreasing the risk of developing cardiovascular disease(s).

## 3. **It Increases Stamina:**

Walking at a regular speed on a regular basis improves muscle strength and endurance.

## 4. **Promotes Good Mental Health:**

Walking is a great way to relieve stress. Walking outdoors is an excellent mood booster, providing you with happiness and healthfulness.

## 5. **It's Good for Your Bones:**

Walking strengthens your bones. Walking for only 30 minutes a day can increase bone density within your spine, legs and hips.

## 6. **Prevents Diseases:**

Walking can prevent diseases such as cardiovascular disease, diabetes, cancer (colon and breast), and osteoporosis. To initiate health benefits, individuals are encouraged to participate in 30 minutes of walking every day.

## 7. **Overcome Sleepiness:**

Walking on a regular basis can alleviate restlessness and headaches/migraines. Walking allows your body the opportunity to get a good night's sleep.

## 8. **Easier on Your Body:**

Walking, unlike running, is easier on your knees and joints. Because of this, it is a great exercise for beginners and individuals who have knee trouble.

## 9. **Fun for all Fitness Levels:**

No matter your current fitness level, you can participate in walking. Even individuals who are inactive can walk for a few minutes each day.

## 10. **It's Free:**

All you need is a good pair of walking shoes and a route. Individuals can walk in the park, on the road, up the stairs, on a treadmill, in a long corridor, or where ever they choose!



HEALTHY LIVING 06/13/2015 09:06 am ET | Updated Jun 13, 2015

## 10 Reasons To Go For A Walk Right Now



MIKE KEMP VIA GETTY IMAGES

By Beth W. Orenstein



On an average day, 30 percent of American adults walk for exercise and with good reason. Walking doesn't require special equipment or athletic skills, yet it offers a host of health benefits — from helping you lose weight and lifting your mood to controlling diabetes and lowering your blood pressure. In fact, a [study published in the journal PLoS Medicine](#) showed that adding 150 minutes of brisk walking to your routine each week can add 3.4 years to your lifespan.

Here are 10 surprising ways to use walking to boost your health, along with tips to make starting and sticking to a walking routine more fun.

### 1. Walk to Manage Your Weight

Avoiding weight gain might be as simple as taking a walk. Researchers at Harvard University and Brigham and Women's Hospital in Boston [followed more than 34,000 normal-weight women](#) for more than 13 years. They found that, over time, the women who ate a standard diet and walked for an hour a day (or did some other similar moderate-activity exercise) were able to successfully maintain their weight.

**Fun fitness tip:** Buddy up for fitness — walk with a friend, neighbor, or a four-legged pal. A [study published in the Journal of Physical Activity & Health](#) found that dog-owners walked more each week and were more likely to reach the recommended levels of physical activity than those who do not own dogs.

## 2. Walk to Get Blood Pressure in Line

A heart-pumping walking routine can help lower your blood pressure, studies show. A [study conducted at Lawrence Berkeley National Laboratory](#) found that moderate-intensity walking was just as effective as jogging at lowering risk of high blood pressure.

**Fun fitness tip:** Can't find a full 30 minutes to walk? Spread it out throughout your day — 10 minutes here and 10 minutes there will add up if you stick with it. According to the [Center for Disease Control and Prevention](#), breaking your workout into several shorter workouts throughout the day is just as effective as one longer workout session, while also making it easier to fit exercise into your schedule.

## 3. Walk to Protect Against Dementia

Walking, which improves cerebral blood flow and lowers the risk of vascular disease, may help you [stave off dementia](#), the cognitive loss that often comes with old age. According to the 2014 World Alzheimer's Report, regular exercise is one of the best ways to combat the onset and advancement of the disease. In addition, researchers at the University of Pittsburgh [conducted brain scans on seniors](#) and found that walking at least six miles a week was linked to less brain shrinkage.

**Fun fitness tip:** Download upbeat music you love to listen to on your iPod, and take it with you while you walk. An [analysis conducted by the American Council on Exercise](#) found that music not only makes exercise more enjoyable, but it can also boost endurance and intensity.

## 4. Walk to Prevent Osteoarthritis

Walking is a great form of weight-bearing exercise, which helps prevent the bone-thinning condition osteoporosis, as well as osteoarthritis, the degenerative disease that causes joint pain, swelling and stiffness. Researchers from the University of California, San Francisco, [found that people who participated in moderate aerobic activities](#) such as walking have the healthiest knees because walking can help maintain healthy cartilage.

**Fun fitness tip:** Reward yourself. After you stick to your new walking routine for a few weeks, treat yourself to a new pair of shoes, a manicure, or something else that will keep you motivated.

## 5. Walk to Reduce Cancer Risk

Walking may reduce your chances of developing some cancers. Research published in [Cancer Epidemiology, Biomarkers & Prevention](#) found that women who walked at least seven hours per week were 14 percent less likely to develop breast cancer. Similarly, a study conducted by scientists at the University of California, San Francisco and Harvard University, [found that men who were treated for prostate cancer and who walked briskly](#) at least three hours a week reduced their chances of a recurrence.

**Fun fitness tip:** Explore. Try a new route around the neighborhood, pick a different trail at the park, or go walking in a new location altogether to keep it interesting.



## 6. Walk to Prevent or Control Diabetes

Brisk walking can help prevent and manage diabetes. “A 20- to 30-minute walk can help lower blood sugar for 24 hours,” says Tami Ross, RD, LD, a spokesperson for the American Association of Diabetes Educators. Plus, The Diabetes Prevention Program, a major government study, found that even a small weight loss — for example, 10 to 15 pounds for a 200-pound person — can delay and possibly prevent the onset of the disease. Adding a brisk walk to your daily routine is one of the easiest ways to reach and maintain a healthy weight.

**Fun fitness tip:** Dress for the occasion. A good pair of walking shoes and comfortable clothes that are easy to move in are essential for a successful workout.

## 7. Walk to Lower Your Heart Disease Risk

Walking may help lower your cholesterol and, in turn, your risk for heart disease. According to the American Heart Association, walking just 30 minutes per day can lower your risk for heart disease and stroke. And since regular walking can keep cholesterol and blood pressure in check, it is a great way to boost your overall heart health.

**Fun fitness tip:** Challenge yourself to walk more steps every day and make fitness more fun, by using a pedometer or other fitness tracking device to chart your progress. You can set new step goals each week and even join challenges with friends and family to motivate yourself to get moving.

## 8. Walk to Improve Your Mood

A brisk walk can boost your mood and may even help you treat depression. A Portuguese study published in the Journal of Psychiatric Research found that depressed adults who walked for 30 to 45 minutes five times a week for 12 weeks showed marked improvements in their symptoms when medication alone did not help.

**Fun fitness tip:** Get outdoors! When the weather permits, take your walk outside, for a dose of vitamin D and an even bigger mood boost. Research published in the journal Ecopsychology revealed that group walks in nature were associated with significantly lower depression and perceived stress, as well as enhanced mental well-being.

## 9. Walk to Reduce Pain

It might seem counterintuitive, but to reduce pain from arthritis, start moving. Research shows that walking one hour per day can help reduce arthritis pain and prevent disability. The study, published in Arthritis Care & Research, determined that 6,000 steps was the threshold that predicted who would go on to develop disabilities or not. Plus, a recent study found that walking significantly improved mobility loss among patients with peripheral artery disease (PAD), a condition where clogged arteries in the legs can cause pain and fatigue while walking.

**Fun fitness tip:** Add some healthy competition to your walk. As you move down the sidewalk or trail, imagine the people in front of you are rungs on a ladder. Then, focus on walking fast enough to overtake them one by one.

## 10. Walk to Reduce Stroke Risk

A large, long-term study reported in Stroke, a journal of the American Heart Association, found that women

[who walked at a brisk pace](#) for exercise had a much lower chance of having a stroke than those who didn't walk. Researchers credit this to walking's ability to help lower high blood pressure, which is a strong risk factor for stroke.

**Fun fitness tip:** Join or start a regular walking club with friends or coworkers and make fun fitness plans for your outings. [Recent research](#) published in the British Journal of Sports and Medicine found that participants were enthusiastic, less tense and generally more relaxed after regular, organized walking groups.

*10 Reasons To Go For A Walk Right Now* was originally published on [Everyday Health](#).

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