

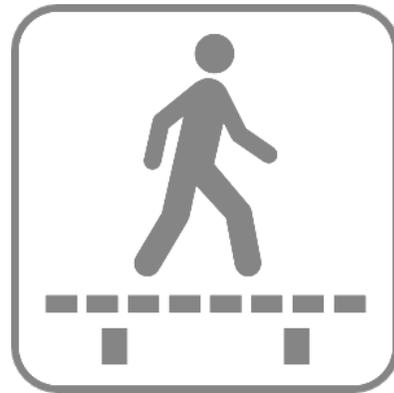
# WALK 30 MINUTES A DAY FOR BETTER HEALTH

Do you walk 30 minutes each day? If not, you might want to consider starting. Poor fitness levels account for about 16 percent of all deaths, **almost twice as many as from smoking and more than five times as many as from obesity**, according to a study of 40,842 participants in the Aerobics Center Longitudinal Study. These deaths would have been avoided if people had simply spent 30 minutes a day walking.

Adults should do at least 30 minutes/day of moderate-intensity aerobic activity most - preferably all - days of the week or 75 minutes a week of vigorous-intensity aerobic activity or a combination of moderate- and vigorous-intensity aerobic activity.

## Why walk?:

- Boost your immune system
- Protect against chronic diseases like heart disease, diabetes, and breast cancer
- Slow the process of aging
- Prevent premature death
- Increase your energy and stamina
- Prevent weight gain



## Tips for walking:

- Start slowly then increase your pace.
- Start with a shorter distance/time and gradually increase.
- Walk three 10 minute sessions to get 30 minutes if it is more convenient.
- Keep your head up, tummy pulled in and shoulders relaxed while walking.
- Listen to music.
- Walk in different locations for variety
- Find a walking buddy.
- Focus on time, not speed or distance at first.
- Intensity matters. After developing the walking habit, think about adding “power” walks where you increase your speed every other block.
- After your walk, take a few minutes to stretch.
- Wear rubber-bottomed shoes with wiggle room for your toes.
- Avoid shoes with air pockets or springs for cushioning; they only provide the illusion of cushioning.