

Health Benefits of Walking

- Reduces body _____ and controls weight
- Lowers blood pressure
- Boosts _____
- Reduces anxiety and tension
- Improves posture, circulation and _____
- Lessens risk of heart disease and stroke
- Prevents osteoporosis

Getting Started

- Comfortable shoes
 - Good _____ support
 - Heel cup so your foot won't slide
- Socks
 - _____ cotton
 - Thick and cushioned
- Clothing
 - _____ so you can adjust
 - Reflective at night
- Pedometer

Tips

- Start out _____! You don't want to get injured. Some people like to exercise with a friend. Make it part of your lifestyle. Do what works for you!
- Exercise is the healthiest "drug" you will ever experience. It is a mood and energy booster. Exercise will have a positive impact on _____ aspects of your life!
- Wearing a pedometer can help you keep _____ of your steps.

Pedometer Tips

- Some say walking _____ steps a day is the key to good health. That's about 5 miles or 8 km.
- Your goal is to find your average steps for three days, then _____ that number. How? Park further away from the entrance, take the stairs, go for a walk at lunch....
- Wear the pedometer on your waistband or belt over your _____. It should remain upright and close to your body without tilting forward, backward or to the side.
- Open the cover and reset to zero (press and hold for two seconds). Close the cover and take 20 steps. It should read between 18 and 22. If not, try it in another location on your waist.