

# Walk for well-being



You already know that walking and other physical activities help prevent and manage arthritis, diabetes, heart disease, and high blood pressure. Get these benefits from walking, too:

- Relieve tension and stress.
- Get more energy.
- Improve balance and lower the risk for falling.
- Get better sleep.
- Boost your overall mood.

Walking briskly at 3 miles per hour is a great way for adults to get 150 minutes of moderate-intensity physical activity a week (30 minutes a day). Children need 60 minutes of physical activity a day.

Yes 

Plan walking into your daily / weekly schedules. Split 30 minutes into two 15-minute or three 10-minute sessions.

Wear a good pair of walking shoes that fit well and absorb shock. Look straight ahead when you walk.

No 

Don't make the excuse that you have no time to exercise.

Don't text while you are walking. Don't listen to music if it hinders hearing sounds around you.