

Be Well, Stay Well

Step up your health with a walking program!

Walking is an easy way to get active. You don't need a membership or any equipment, and - even better - walking can improve your health!

Research shows that the benefits of walking and moderate physical activity for a least 30 minutes a day can help you:

- Reduce your risk of many health conditions, including coronary heart disease, osteoporosis, breast and colon cancer, and type 2 diabetes
- Improve your blood pressure and blood sugar levels
- Lower your risk of obesity
- Enhance your mental well being

Five steps to starting your walking program

1. Beginning an exercise program can be the hardest part, so start simple. Go for a 10-minute walk. Add five minutes to your routine until you reach your desired length of walking time.
2. Start your walk with a five-minute warm up and end with a five-minute cool down. Gently stretch after your cool down to reduce your risk of injury.
3. Once you've built up your walking time, aim for at least 30 minutes of moderate to vigorous physical activity five days a week.
4. You don't have to do it all at once! If you're short on time, break up your physical activity throughout the day. Three 10-minute sessions is the same as one 30-minute session.
5. If you want to lose weight, aim for 60 to 90 minutes of moderate to vigorous physical activity each day.

Grab a friend

Exercising with a partner can be much more motivating than walking alone. And it's fun! When starting your walking program, walk with a friend or co-worker, or consider putting together a walking club.



You can find a walking club near you by visiting the American Heart Association's web site:

www.StartWalkingNow.org

Use the talk test to measure the intensity of activity

Light intensity - You should be able to sing.

Moderate intensity - You should be able to carry on a conversation.

Vigorous - You are too winded or out of breath to carry on a conversation.

If you have a chronic condition, **Disease Management Nurse Coaching** can help you get on the path to better health. A Nurse Coach can help you manage your condition and support you in starting an exercise program, such as walking.

You are eligible to enroll if you have asthma, chronic obstructive pulmonary disease, chronic pain, congestive heart failure, coronary artery disease, diabetes, high cholesterol or high blood pressure

To enroll in Disease Management, call

866-244-8977