



You Can... Get many benefits from WALKING to help prevent and manage major health problems!



WALKING improves your self-image and sense of self-reliance and independence. It relaxes and relieves stress and tension, and can be done anytime that is convenient! Walking feels good and is good for overall health at any age.

Consistency and regularity are keys to a successful walking program. Remember to wear comfortable, lightweight, loose fitting clothes and shoes that are comfortable and proper fitting. A regular program of brisk walking can provide these physiological benefits:

- Slow the aging process and add years of vigorous living
- Energize and increase stamina and strength
- Strengthen bones and fight osteoporosis
- Control weight gain
- Improve digestion and elimination
- Tone and strengthen muscles which otherwise become soft and flabby
- Keep joints, tendons, and ligaments more flexible, promoting easy, unrestricted movement
- Stimulate cardiovascular fitness, strengthening the heart and improving circulation
- Help maintain a sense of balance and agility, lessening the likelihood of injuries from falls or accidents.

A personal walking journal is a rewarding way to track your progress. Start gradually and increase your time and distance as you are able. If you have health concerns, be sure to check with your health care specialist before you start any regular physical activity.

Check with your local Council on Aging to see if they currently have a walking club that you can join or that they will start. It is a good social activity to do with other people.

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