

HEALTHFUL TIPS



Take Steps to Better Health

Start slowly and add 5 minutes to your routine each day until you reach your walking goal.

For weight loss or maintenance, build up to 45 minutes 5 days a week or more. You can do this all at once or take shorter walks throughout the day.

Schedule your walks for the same time each day if possible so you can set up a routine.

Track your efforts with a pedometer. You should eventually reach at least 10,000 steps (5 miles) a day or more for the entire day.

Make it fun. Get together with a buddy and take a walk instead of going to a movie or out to eat. Have a picnic and carry your food to a scenic spot. Walk through a zoo, botanical garden or craft fair.

Make it functional. Listen to an audio book while walking. Walk to the store. Catch up on phone calls while walking.

Do you have a test to take or a big decision that you need to make? Walking improves mental performance. Even a 15-minute walk will boost your problem-solving, focus and ability to make decisions.

Feeling blue — improve your mood by releasing hormones and endorphins — what a great mood booster.

Enjoy your alone time to think, pray, meditate or gain perspective.

Feeling overwhelmed—walking can provide clarity and strength.

Start a walking group at work, in your neighborhood or with your Barix Support Group. Consider a name for your group and have t-shirts made.

Train for and participate in charity walks. Nothing feels better than giving to others.

Walking is a great way to improve your mind-body-spirit balance.
What are you waiting for?

Walking is great exercise. All it takes is a little motivation and a good pair of walking shoes. This simple habit can have a positive impact in so many ways. It gives you energy. It streamlines your waistline. It improves your mood. It helps you to sleep more soundly at night. It reduces stress and anxiety. It strengthens your heart and your muscles. It improves self-esteem. It improves your productivity. It lengthens your life and it improves the quality of your life. Are you convinced?

Here are some tips to get you started.

Walk on a treadmill, outdoors, at the mall, at a high school track, or through the hallway in your house or apartment.