

# HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY



## WALKING TO FITNESS

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I only went out for a walk and finally concluded to stay out till sundown, for going out, I found, was really going in.

~John Muir, 1913~

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Do not underestimate the benefits of a regular walking program. This simple habit can have a positive impact on so many facets of life. Almost anyone can do it. It doesn't cost anything. 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 improves the quality of your life.

- To get started, just walk around the block for 10 minutes and then head back home, walk at the mall or use your treadmill. Start slowly and add 5 minutes to your routine until you reach your walking goal.

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Me thinks that the moment my legs begin to move, my thoughts begin to flow.

~Henry David Thoreau~

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- For weight loss or maintenance shoot for 45 minutes 5 days a week or more.
- The hardest part is starting. So... as Nike puts it, *Just Do It*.
- Motivate yourself with a pedometer. You should eventually reach at least 10,000 steps (5 miles) a day or more for the entire day.

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Above all, do not lose your desire to walk. Every day I walk myself into a state of well-being and walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it.

~Soren Kierkegaard~

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- Find a buddy or two to make your walk more enjoyable. Look for people with a positive attitude and a smile.
- Make it fun. Use it as time to get together with another person 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

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A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.

~Paul Dudley White~

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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.