The Benefits of Walking
Walking . . . a healthy journey!
Ranked the number one activity of choice among Canadians, walking is the prescription for improved health and wellness. Walk briskly for 30 minutes a day, 5 days a week, and minimize your risk for cardiovascular disease, stroke, type 2 diabetes, and some types of cancer. Additional benefits include: weight management, blood pressure control, and boosting good cholesterol (HDLs).

Other benefits of walking:
• Releases the body's tension and stress.
• Refreshes the mind and body especially when walking outdoors.
• Allows you to connect with your community.
• Offers an excellent way to socialize with family and/or friends.
• Increases "eyes on the street", enhancing community safety.

Walking is an easy activity to do, costs very little money and the benefits to health, fitness, and mental well-being are priceless!
Here are some tips to keep you on track:
• For starters, take a leisurely walk around your block. Slowly increase your walking time by 5 – 10 minutes a day until you are walking for 30 minutes. A duration of 30 minutes a day is what you're after but don't stop there! Once in a while, go for a 45 – 60 minute walk.
• Walking with a buddy can be very motivating.
• Gear up with loose clothing and proper walking shoes. Comfort is key.
• Walking to a destination — grocery store, mailbox, school, etc. is a way to fill your walking prescription of 30 minutes per day.

There are 1,440 minutes in a day, schedule 30 of them for walking!