

NATIONAL WALKING DAY IS APRIL 3RD WALK MORE....STRESS LESS!!

With longer days and warmer weather approaching, it's a perfect time to get outside and take a walk! Research shows that walking at a vigorous pace at least 150 minutes a week can help:

- Reduce stress and chance of depression, improving overall mental health and sleep
- Lower risk of serious diseases like heart disease, stroke, diabetes, and some cancers
- Improve blood pressure, blood sugar and cholesterol levels, and increase circulation
- Increase energy and stamina
- Sharpen memory and reduce the risk of dementia
- Help keep weight under control
- Promote flexibility in joints, develop stronger muscles, and boost bone strength

While the goal from the American Heart Association would be to walk 30 minutes a day, any little walking that can be done is helpful. Even short activity sessions can be added up over the week. Some might find it easier to walk a few minutes several times a day, instead of all at once. Simply taking the stairs instead of the elevator or parking further away can be helpful for a person who's typically sedentary. If sticking to a regular walking schedule is a challenge, try inviting a friend. Whatever you do... commit to taking the first step to better emotional and physical health by walking a little or a lot this April!!

