LACE UP & GO

American Heart Association®
life is why™

Walk Your Way to a Healthier Life

You can get active in lots of ways, but walking is one of the easiest steps you can take to improve your health. It's also one of the safest, least expensive and most sustainable forms of exercise. For such a simple activity, it has so many benefits!

Research has shown that walking **at least 30 minutes a day** can help you:

- Reduce your risk of heart disease, stroke and type 2 diabetes.
- Improve your blood pressure, blood sugar and blood cholesterol levels.
- Prevent weight gain and lower the risk of obesity.
- Improve your mental well-being.
- Increase your energy and stamina.
- Reduce your risk of osteoporosis, breast cancer and colon cancer.

For every hour of brisk walking, life expectancy for some people may increase by two hours. The American Heart Association recommends adults get at least 150 minutes of physical activity each week.

It's not all or nothing; it's step by step.

Maybe you haven't been active for a while. No problem. Just get started, even if it's only a few minutes a day at first.

Set a reachable goal just for today. Then you can work toward your overall goal of 30 minutes a day as you get in better shape. Gradually increase your time or distance each week.

If it's easier on your body and your schedule, you can split up your walks into 10 or 15 minutes each. Every step counts!

Even if you're already active, here are some ways you can add more steps into your day:

- Take the dog out for a walk.
- Take the kids to the park or playground.
- Park farther from the entrance to your workplace, school, grocery store, restaurants, etc.
- Take the stairs instead of the elevator, even if just for one or two floors.
- Window shop at the mall or downtown.
- Walk to a nearby restaurant for lunch instead of driving.
- Catch up with a friend by walking around the block while you chat on the phone.

All you have to do is *lace up* with a comfortable pair of shoes and walk.

It's that easy!

NATIONAL WALKING DAY 2016

heart.org/BeActive