

PREVENTION WEDNESDAY

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City of Baltimore

Health Department

National Start! Walking Day

Did You Know?

start!

Wednesday, April 8, 2009 is the American Heart Association's **Start! Walking Day!**

start!

Walking is one of the simplest ways to add exercise to your daily life – it doesn't require any special equipment or training, and it's gentle on your body.

start!

Walking as little as **30 minutes a day** can: reduce your risk of heart disease, lower your blood pressure, help you maintain a healthy weight, and strengthen your bones.

start!

Many fitness experts recommend setting a goal of **10,000 steps** each day. Check with your doctor to see what's right for you.



Prevention TIPS:

Tip 1 **Make walking a part of your daily routine.** See below for simple ways to fit walking into your busy lifestyle.

Tip 2 **Start slow, and track your progress.** Many people find it helpful to keep a daily walking log. Use a pedometer to count your steps, or just write down the amount of time you spend walking each day.

Tip 3 **Find a buddy.** Walking with a partner or a group is a great way to stay motivated!

Small **STEPS** make big differences. To add more walking to your day...

- ... take the stairs instead of using the elevator.
- ... park farther away from your door each morning.
- ... walk over to a co-worker's desk to ask a question, instead of sending an email.
- ... eat a quick bite and go for a brisk walk during your lunch break.

Resources and References

American Heart Association

Information and tips from the Start! Walking Program

<http://www.heart.org/presenter.jhtml?identifier=3053031>

America on the Move

Tips for adding more walking steps to your everyday life.

<http://pedometer.americaonthemove.org/pdf/IncreasingSteps.Pdf>

For suggestions on how to create an indoor walking route in your workplace, contact Maggie Dietrich at the Baltimore City Health Department (Maggie.Dietrich@baltimorecity.gov).