



Did you know that for every hour of brisk walking, life expectancy for some people may increase by two hours?

According to a 2013 American Heart Association study, walking briskly can help your health as much as running. They recommend adults get at least 150 minutes of physical activity each week, aiming for at least 30 minutes a day.

Walking is one of the easiest ways to improve your health. It will help you look and feel better when you include it in your daily routine. Some other benefits of walking may include:

- Reducing your risk of serious disease like heart disease, stroke diabetes and cancer
- Improving your blood pressure, blood sugar and blood cholesterol levels
- Helping you to maintain a healthy weight and lower your risk of obesity
- Improving your mental and emotional well-being
- Increasing your energy and stamina
- Strengthening your bones and muscles and improving your balance and coordination



When you walk, keep your head up, stomach in and shoulders relaxed. Let your heel hit the ground first, roll your foot forward and push off from your toes. If you want to move faster, take quicker steps instead of longer ones. If you find that you can't talk or catch your breath while walking, slow down.

Set yourself up for success with a simple goal, like taking a 10 minute walk during your lunch hour. When that becomes a habit, you can gradually increase your time and distance. Some people find that it's easier to split up their walks into 10 or 15 minutes each. Keep track of your progress by recording the distance you walk and how long it takes. This will help you see where you started and can also be a source of inspiration to keep walking.

Duluth is a great place to get out and walk. It has many of the best hiking/walking trails in the area. Lester/Amity, Chester Park, Hartley, Magney-Snively, Willard Munger Trails, or the Lakewalk are just a few of our local choices. Go to <http://duluthoutdoors.com/recreation/hiking> to find a trail near you.

Walking Safety Tips:

- Make sure you dress in comfortable clothes appropriate for the weather, wear a good pair of walking shoes, and protect yourself from the sun with sunscreen, sunglasses, and a hat.
- Be prepared and carry a cell phone in case you need to make an emergency call. Tell someone which route you'll be taking, walk with a companion, or bring your dog along.

- Carry identification inside your shoe or pocket. Wear a medical alert bracelet or necklace if you have diabetes, allergies or any other condition that could result in an emergency.
- Walk in familiar areas and avoid unpopulated or poorly lit areas.
- Stay alert and walk against the traffic so that you can see approaching vehicles.
- Make yourself visible by wearing reflective materials if you walk after dark.
- Listen to your body and stop walking if you have any pain. If the injury is recurrent or doesn't seem to improve on its own, seek medical attention.



Walking can take you away from the busyness of life and strengthen your faith by providing you with time and space to feel God's presence through His Creation. It can become a time of reflection and prayer as you draw closer to Him.

Some days it's hard to find time to be physically active, but keep reminding yourself that a simple daily walk can help you live a healthier life. Get outside and WALK!

If you would like more information, please see the bulletin board in the coat room, go on-line to the American Heart Association at <http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/Walking> or the Mayo Clinic at <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking> or feel free to stop by the Parish Nurse office, I would be happy to share my resources with you.

Penny LaBerge  
Parish Nurse