



Walk Away Weight

Walk Your Way to Better Health

Walking to maintain weight or to help with weight loss is a perfect way to add **exercise** to your lifestyle. Research shows that an increase in **physical activity** (walking will do) is an essential part to any weight management program. In fact, each **1 hour per day of brisk walking** was associated with a 24% reduction in obesity.¹

So lace up a great pair of walking shoes and get started today. It's easy, but start slow and make sure to discuss your walking plans with your physician or nurse.

Track Your Daily Steps

A pedometer is a wonderful tool to help you **track your daily steps** during the course of a normal day as well as on your daily walk. Did you know that the average person walks 4,000 steps a day but that the Surgeon General recommends that we should **walk 10,000 (10K) steps** a day to maintain health? How many steps are you walking? To buy a Walk with Spirit pedometer to track your steps [click here](#).

**Not convinced yet that walking is something you can do for your health?
Take a look at ...**

More Benefits to Walking

- **WARMS UP THE BODY** – loosening your muscles and increasing blood flow
- **ENERGIZES YOU** – providing release of endorphins improving mental clarity and happiness level
- **HELPS TO SUSTAIN PHYSICAL MOBILITY AND AGILITY**
- **GOOD FOR HEART HEALTH, LUNG HEALTH AND OVERALL HEALTH**

Remember, strive for 10K!

Resources:

For further walking tips including pre-walking warm-up exercises, visit <http://win.niddk.nih.gov/publications/walking.htm> and read "Walking A Step in the Right Direction."

For heart health information and a sample walking program, download "Your Guide to Physical Activity and Your Heart Health" by [clicking here](#).

¹ Predictors of obesity and weight gain in the Health Professionals Follow-up Study and the Nurses' Health Studies

Walk with SpiritSM is a national program presented by the Spirit of Women[®] Hospital Network, a coalition of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.



**Come,
Walk
with Us!**