

Key Reasons to Start Walking



Walking for 30 to 60 minutes each day is one of the best things you can do for your body, mind, and spirit. Remember, you made a commitment to walk during Lent in the **Path to Health** program. If you need more motivation, here are some new reasons to start walking.

<p style="text-align: center;">You Can Walk Off Weight</p> <p>Walking is an important part of any weight loss program. You must still watch how much you eat in order to lose weight. But walking helps you build healthy lean muscle, lose inches of fat, and pump up your metabolism.</p>	<p style="text-align: center;">Walking Reduces Diabetes Risk</p> <p>Get out and walk for 30 minutes a day as your minimum daily requirement for health and to help prevent Type 2 diabetes. A study by the University of Pittsburgh discovered that walking for 30 minutes a day cut diabetes risks for overweight as well as non-overweight men and women. Walking also helps maintain blood sugar balance for those with diabetes.</p>	<p style="text-align: center;">Walking Boosts Your Brain Power</p> <p>A study of people over 60 funded by the National Council on Aging, found that walking 45 minutes a day at 16-minute mile pace increased the thinking skills of those over 60. The participants started at 15 minutes of walking and built up their time and speed.</p>	<p style="text-align: center;">Walking Helps You Live Longer</p> <p>A study of 8000 men from Honolulu found that walking just two miles a day cut the risk of death almost in half. The walkers' risk of death was especially lower from cancer.</p>
<p style="text-align: center;">Walking Helps Prevent Weight Gain</p> <p>With just 2000 more steps added each day to your regular activities, you may never gain another pound according to Dr. James O. Hill of the Center for Human Nutrition at the University of Colorado Health Sciences Center. To lose weight, add in more steps.</p>	<p style="text-align: center;">Walking Reduces Risk of Cancer</p> <p>Study after study has shown that walking and exercise reduces your risk of breast cancer and colon cancer. Walking is also good for those undergoing cancer treatment.</p>	<p style="text-align: center;">Walking Reduces Risk of Heart Disease and Stroke</p> <p>Heart disease and stroke are among the top killers of both men and women. You can cut your risk of both in half by walking for 30-60 minutes a day. Get your blood moving!</p>	<p style="text-align: center;">Walking Improves Mood and Relieves Stress</p> <p>Walking and other exercise leads to the release of the body's natural happy drugs - endorphins. Most people notice an improvement in mood.</p>