

Healthy You: Quick Facts

The NATION'S HEALTH

Walking: An easy way to get healthy

Health doesn't have to be hard. It can be as simple as putting one foot in front of the other. Walking is an easy and cheap way for everyone to be a little healthier. It can help you improve your mood, lower your blood sugar and blood pressure and make you more physically fit. It also reduces your risk for some health issues.



Photo above by Monkeybusinessimages, below by Johnkellerman, courtesy iStockphoto

Quick facts on walking:

1 Walking helps your body, making it less sore and helping you to do daily tasks better. It can also help your mind: Experts say that walking can improve brain function, especially as people age.



2 Starting a walking routine is easy. Walk at a quick pace for 10 minutes a day to start. You should try to work up to walking 150 minutes per week.

3 You can take longer walks, or many short walks throughout the day. Experts recommend a one- or two-minute walk every 30 to 60 minutes, as well as walks that last 10 minutes or more.



4 Plan your walking route before you set out. Tell friends and family in case of an emergency. Make sure to have comfortable shoes with good support. Bright clothing can keep you visible and safe.

5 You do not have to walk outside. Walking indoors for a meeting at work, or in place while watching TV, can help you get your steps in.

>> For more information on walking, visit www.niddk.nih.gov

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