WALK THIS WINTER

Physical activity is anything that gets your body moving, but walking can be one of the most simple, easy ways to improve your health. Research has shown that walking or other **moderate physical activity for at least 30 minutes every day** can help:

- Improve blood pressure
- Improve blood sugar levels
- Maintain body weight
- Increase weight loss
- Lift your mood
- Strengthen your bones

It can also help reduce the risk of:

- Osteoporosis
- Breast and colon cancer
- Coronary heart disease
- Type 2 diabetes

Just because it's cold outside or there is snow on the ground doesn't mean you can't get outside to go on a walk to get your heart pumping!

Take a walk around your neighborhood or a place that is familiar to you. Or, map a new route in a place you've never been before. There are many great, local places to take a brisk stroll!
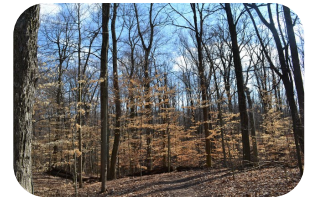
Oxford Community Park

Your own neighborhood

Miami University's campus

Hueston Woods State Park

The mall (try the Greene or the Kenwood mall!)

STAY SAFE

- **Dress appropriately** for the cold weather. Wear a base layer made from moisture wicking materials (avoid cotton!) and an outer layer such as a vest or jacket that is wind and water-proof or made of fleece to keep you warm and dry. Be sure to wear a hat or headband and gloves to keep warm. If you are out when it is dark, wear bright colors or reflective material for visibility.
- Be sure to wear **supportive shoes** to absorb shock and cushion your feet and that have lugged soles for traction.
- Walk in a **safe area** and do not walk where you may encounter dangerous traffic.
- Do not walk when it is icy and try to walk on plowed or dry pavement when possible.
- Don't forget to gently **stretch your muscles** after your walk.

And if it is too icy or just too cold...

Walk on an indoor track or treadmill

Sources: www.mayoclinic.com/health/walking/HQ01612
www.startwalkingnow.org