

Be Well Aware – Health Article



10,000 Reasons to Walk

The Walking Cure

With the onset of COVID-19 and drastic changes to our daily lives, there is no time like the present to take advantage of walking outside. Read on for some benefits and tips to start your new walking routine.

Make a Walking Goal

You may have heard the recommended daily amount of 10,000 steps. This is the recommendation for the average population. However note that this may be too much or too little for you starting out. Make sure your walking goal is attainable and start out smaller if needed. If you are able to utilize a fitness tracker to count your steps. Even better!

Opt Outside

Taking your walk outside is a great change of scenery from your office or house. The fresh air can clear your mind as you walk. Be aware that some paths and parks may be closed during this time to prevent the spread of Corona Virus. Be sure to check with your local authorities before heading outside for some exercise.

Promotes Blood Flow

Energizing our muscles and bodies is an important part of staying healthy. As we move, we exercise our heart and cardiovascular system, giving our body a boost.

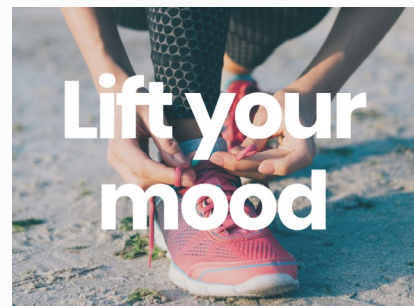
Boosts Immunity

When we exercise, we can actually boost our immune system. This may help prevent us from certain illnesses.

Clear Your Mind

Walking is a great way to take a mental break. It can improve focus and clear the mind. If you are willing, it can also give you an opportunity to meditate or do some deeper thinking.

Overall walking is an easy way to get your daily dose of exercise. Don't miss out on this opportunity right outside your door! Start walking and reap the benefits.



References:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/10000-steps/art-20317391>