



Health Yourself Byte



WALK YOUR WAY TO GOOD HEALTH!

Did you know that a person is more likely to have heart disease if they are inactive? According to the American Heart Association, walking vigorously for 30 minutes a day can reduce blood pressure and cholesterol. In fact, studies show that just one hour of vigorous exercise (like brisk walking) can increase your life expectancy by two (2) hours!

Walking also . . .

- ♥ Gives you more energy and make you feel good.
- ♥ Reduces stress and helps you relax.
- ♥ Tones your muscles.
- ♥ Increases the number of calories your body uses.
- ♥ Strengthens your bones and muscles.
- ♥ Improves your stamina and your fitness level.
- ♥ Lowers your risk of chronic diseases, such as heart disease and type 2 diabetes.
- ♥ Gives you an opportunity to socialize actively with friends and family.

Walking is one of the easiest ways to be physically active. You can do it almost anywhere, at any time . . . AND it's inexpensive! All you need is a GOOD pair of shoes with sturdy heel support.

This **Wednesday, April 6**, the American Heart Association is hosting **NATIONAL START WALKING DAY**, a health initiative challenging all Americans to get up and move more!

Get your co-workers together and plan a time to meet and walk that day . . . and continue every day! Walking just 10 minutes 3 times a day will help you live better longer!!!!

**National
Start!
Walking Day**

Send a picture of YOUR group walking to: mcp.cle@hcahealthcare.com



The Medical
Center of Plano