

Benefits of Walking

Walking Toward a Healthier You

There are countless physical activities out there, but walking has the lowest dropout rate of them all! It's the simplest positive change you can make to effectively improve your heart health.

Research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help you:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental well being
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Reduce the risk of non-insulin dependent (type 2) diabetes

There are so many benefits for such a simple activity!



How much should I walk?

Research has shown that on average, just over 2,000 steps equate to 1 mile. Sedentary lifestyles average only 1,000 to 3,000 steps a day when 10,000 steps are suggested for an active lifestyle.

Staying Hydrated

So how much fluid does the average, healthy adult living in a temperate climate need? The Institute of Medicine determined that an adequate intake:

- Men need roughly about 13 cups (3 liters) of total beverages a day.
- Women need about 9 cups (2.2 liters) of total beverages a day.



Make it a Lifestyle Change

Add Walking to your Routine

Walking briskly for 2 hours and 30 minutes each week— easily broken up into 5, 30-minute walks— helps you meet the *Physical Activity Guidelines* and gain health benefits.

- Park the car at the back of the shopping center and walk to all your nearby errands.
- Find a walking buddy. Meet at the same time most days to go for a brisk walk.
- Host a Walking Meeting—walk and talk over problems with your colleagues for the first 20 minutes then hit the conference room to write down ideas and finish up.
- Make a Walk-and-Talk date with a friend or family member.
- Take a walking lunch break at work. Keep extra shoes and socks in your filing cabinet.
- Walk while you are waiting. Instead of sitting on the bleachers while your child's at practice, walk around the field. Walk outside the restaurant as you wait for your table to be ready.!

Getting the Right Gear

Shoes:

- Flat, but flexible, so your foot rolls with each step.
- Fit well, but leave enough room for your feet to spread out while walking.
- Socks made of cotton or other sweat-wicking materials will keep your feet drier and help prevent blisters.
- Trade in the old shoes when the treads start wearing out (500 miles)

Clothing:

- Wear comfortable clothing when walking.
- Weather permitting, dress in layers, so you can always take off something as you warm up.



Winchester-Clark County

Kentucky



Walking Opportunities

Guide

GET YOUR *MOVE* ON!!



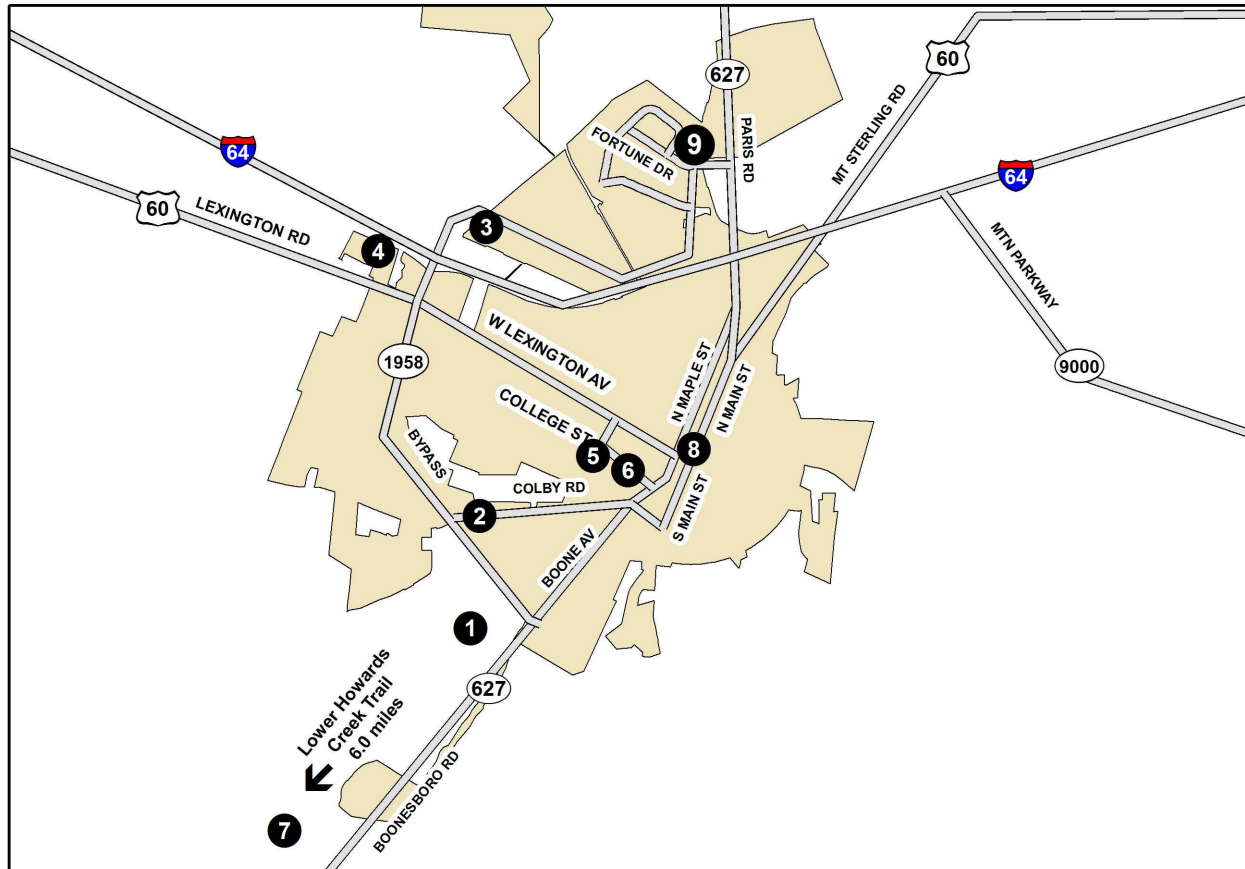
Winchester-Clark County Chamber of Commerce

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Winchester-Clark County

Walking Opportunities



Living and Working Well

Health and Wellness

The mission of this group is to offer an ongoing program of wellness for Chamber members that encompasses physical activity, proper nutrition and good mental health. From personal trainers to medical professionals, this team has the vision of creating a healthy community where people are striving to improve their health on a daily basis.

The Health and Wellness Team meets monthly to develop programs that will support the initiative of a healthy community. The team will provide a monthly electronic calendar listing activities going on in the community with times of exercise classes, upcoming races and other health-related events. We will serve as the Chamber's point of reference for wellness communications. We will advise the Chamber of competitions and activities and spearhead participation. We will provide opportunity for feedback and recommendations. We will strive to become the Wellness Champions for the work place.

Please join us in our endeavor.

Site	Name	Location	Trail Length
1	THE PATH	1711 Boonesboro Rd	1.68 mi
2	WINCHESTER TRAVELLING TRAIL	722 Colby Road	0.81 mi
3	THE GREEN AT BCTC	2020 Rolling Hills Ln	0.25 mi
4	CRMC HEALTH WALK	175 Hospital Dr	0.8 mi
5	COLLEGE PARK	30 Wheeler Ave	0.40 mi
6	COLLEGE PARK GYM INDOOR TRACK	13 Wheeler Ave	0.066 mi
7	LOWER HOWARDS CREEK TRAILS	1925 Athens-Boonesboro Rd	6.0 mi
8	MAIN STREET MILE	North & South Main Street	1.0 mi
9	THE GARDEN WALK	1400 Fortune Dr	0.125 mi

GET YOUR **MOVE** ON!!