

Take a step in the right direction.



It's a great time to set resolutions to get healthier and make physical activity a priority. But that doesn't mean you have to ramp up with a rigorous workout routine or spend money on gym equipment. Walking is an easy way to get moving. It's good for your heart, lungs and circulatory system, and it can reduce your risk of high blood pressure, type 2 diabetes, and high cholesterol. Plus, walking is a great stress release and mood-booster.

Exercise your way into **good health.**

Here are three simple tips to motivate you to get you off the couch and put your best foot forward.



Start slowly and enjoy it

Even five or 10 minutes of exercise will do your body good. Work your way up to 30 to 60 minutes of exercise most days of the week. Make an exercise playlist and listen to music that keeps you motivated or allows your mind to de-stress and unwind on your walk.



Count your steps

It's recommended you take at least 10,000 steps each day, so track how far you walk with a pedometer, smart phone app or activity monitor. See how much you normally walk, and then set goals to increase the number of steps you take or the number of calories you burn each day.



Get social

One of the best ways to stick with a walking program is to walk with a buddy, so invite co-workers, family or friends to join. It provides extra motivation and accountability, plus walking and talking can make the miles fly by. It can also be fun to sign up for a 5K walk or half-marathon with a friend.

Need a doctor?
Call (877) 449-DOCS or visit
StJosephHealthMedicalGroup.com

St. Joseph Health 