



## WHY WALK?

Walking is one of the easiest ways to be physically active. You can do it almost anywhere and at any time. Walking is also inexpensive. All you need is a comfortable pair of shoes and a little time to add a few steps to your day! Can you name at least five reasons why you should get walking by joining Walk Across Tennessee? Read this list. Thinking about your health status, check off those reasons you should get moving by walking.

### Health Benefits of Regular Physical Activity

- Helps control or reduce body weight by burning calories.
- Reduces your body fat by toning and strengthening muscles.
- Boosts your brain power by increasing blood flow and oxygen to the brain.
- Provides weight-bearing exercise which reduces your risk of osteoporosis, a major bone health problem in postmenopausal women.
- Improves your heart fitness by improving your circulation and by making your heart stronger. This reduces your chances of a heart attack and stroke.
- Helps your body use insulin, thus reducing your risk of developing Type 2 Diabetes.
- If you have diabetes, it helps you manage your disease.
- Helps you sleep better.
- Helps strengthen your muscles in the back, thus reducing the risk for chronic back pain.
- Improves coordination, thus lowering chances of falling. This becomes more important as you get older.
- Promotes intestinal regularity which reduces your risk for developing colon cancer.
- Helps deal with stress by boosting the hormones that provide a calming and soothing effect. This helps you relax and lifts your spirits.
- Strengthens immune system so your body can fight infections, thus you will be sick less often.
- Helps control appetite.
- Increases good cholesterol (HDL- High Density Lipoprotein) and reduces your bad cholesterol (LDL - Low Density Lipoprotein) which prevents plaque buildup in your arteries.
- Helps lower blood pressure.
- Strengthens muscles and tissues around the joints, which protects the joints. This is very important if you have osteoarthritis.
- Keeps joints flexible, which is very important if you have osteoarthritis.
- Strengthens the ability for your lungs to carry oxygen into your body.
- Helps keep your independence in your senior years by keeping your muscles and joints strong and flexible.

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