

# Trails 2 Health

## Walking for a Healthier You



**Taking a daily walk is like “eating an apple a day.”** There's a good chance it will keep the doctor away.

Going for regular walks is one of the best and easiest things you and your family can do to improve your health. From helping you lose weight to lowering your blood pressure, reducing stress levels, reducing your risk of many chronic diseases, regular walking benefits your body, mind, and overall wellness.

And our community is a great place to take up walking. Central Ohio is home to an extensive series of trails that wind through picnic areas, boating and fishing facilities, and family-friendly parks. The trails around central Ohio join the natural wonders of our scenic rivers with the diverse neighborhoods and attractions of the city.

The health benefits of walking plus an extensive series of scenic trails: put those two together and you have a great plan for a healthier you. That's why your healthcare provider is teaming up with Central Ohio Greenways to recommend ways to incorporate walking for a healthier life. Today, your provider will give you information on walking to improve your health, along with advice on how long and how often to walk each week. You are encouraged to fill in the “Walk Log” each week and share it with your provider at future visits. Your provider may adjust your walking routine, based on your progress.

You'll also receive a map of the Central Ohio Greenway trails in your area, other multi-use paths, sidewalks, and park facilities. These are all great options available to you as you begin your Trails 2 Health program.

Walking is the simplest form of exercise that almost everyone can do, regardless of their individual level of fitness. It's also a free activity that can give you a healthier life.

### Here are reasons to start walking:

#### Walking for your health:

1. Reduces blood pressure
2. Lowers cholesterol
3. Reduces heart attacks
4. Strengthens lungs
5. Provides more oxygen to your body, including organs and muscles
6. Reduces strokes by up to 50 percent
7. Increases your metabolism
8. Stimulates digestion
9. Strengthens and develops muscles
10. Helps maintain cartilage health in the joints
11. Alleviates back problems
12. Generates healthy skin because skin pores open during exercise, resulting in removal of dirt and impurities
13. Increases blood flow to the brain
14. Increases sense of wellbeing
15. Increases resistance to pain because endorphin levels are elevated
16. Reduces worry, stress and tension
17. Boosts energy
18. Improves self-esteem and self-confidence
19. Boosts immune system
20. Can relieve headaches
21. Helps you quit smoking
22. Causes weight loss
23. Improves physical appearance
24. Improves bone density and prevents osteoporosis
25. Prevents or manages type 2 diabetes
26. Can add years to one's life
27. Enhances quality of life
28. Reduces risk of developing certain types of cancers (colon, prostate, uterine lining and breast) and other chronic diseases
29. Can lessen medical bills
30. Creates better performance at work
31. Allows one to stay independent as they get older
32. Allows for healthy pregnancy
33. Increases energy
34. Reduces inflammation
- 35. Results in a healthier you!**