



Product information

Drug: Walking

Generic name: Physical Activity; also known as the “wonder drug.”

Dosage: Minimum 30 minutes a day, 5 days a week (total of 150 minutes a week.) Take at least 10 minutes at a time. It is safe to take during pregnancy and lactation, and in combination with most other medications.

Type: Something enjoyable that uses large muscle groups. Generic versions of this drug can include biking, swimming, dancing, team sports, jogging, aerobics, Zumba, team sports, gardening, strengthening exercises and more.

Administration: Administer alone or take in company with others.

Refills: Unlimited

Price: Little to nothing

Uses: This medication is used to prevent chronic disease and to extend life. It has been proven to help prevent and treat diabetes, high blood pressure, cardiovascular disease, breast and colon cancer, obesity, depression, anxiety, and osteoporosis. It also aids in achieving and maintaining a healthy weight, helps ease pain from chronic disease, and slows functional decline from aging. The impact of this drug is enhanced if taken with a healthful diet and adequate sleep.

How to use: Take this medicine on most days of the week. Take at least three 10-minute segments of physical activity per day at a moderate or vigorous intensity. (Moderate is when you can barely carry on a conversation. If you can sing, work harder.)

If walking, work toward a pace of 3 miles per hour or faster. Drink plenty of water while on this medication — staying hydrated is important. This medication works best if you break prolonged periods of sitting during your waking day. Stand or move every hour.

See your doctor before taking this medication if you: have chronic health problems such as heart disease or diabetes; have high blood pressure; have pains in your heart/chest area; have severe dizziness; have a bone or joint condition that might be made worse with new exercise activities; are over age 45 and not accustomed to vigorous exercise.

Side effects: Decreased blood pressure; stronger muscles; stronger bones; more energy; positive attitude; better sleep; more productive at work and home; improves ability to handle stress; lowers risk for suffering a heart attack or stroke; better posture; increased flexibility; healthy weight; improved fitness; sharper memory; better pain management; reduced anxiety; improved balance and coordination; improved self-esteem; more opportunities to socialize actively with friends and family.

Missed dose: Start taking again as soon as possible. Don't worry about a missed dose.

Important

How to use this information:
This is a summary and does NOT have all possible information about this product.

Helpful information for using this medication

Walk Kansas:
www.walkkansas.org

Physical Activity Guidelines for Americans:
www.health.gov/paguidelines/

MyPlate™ United States Department of Agriculture:
www.choosemyplate.gov/foodgroups/physicalactivity.html

You will also find the “SuperTracker” here, which can help you plan, analyze and track your diet and physical activity.
<https://www.supertracker.usda.gov/default.aspx>



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