

# ***BETter Living ...***

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**April 12, 2018**

## **Walk at Lunch**

Did you know it only takes 30 minutes per day to better your health? National Walk at Lunch day will be April 25. Get out and enjoy nature and explore your community. The recommended 30 minutes per day may be divided up into 10 minute increments. All you need are comfortable shoes and clothes.

The American Heart Association has found that a regular walking program can: improve your cholesterol profile, lower blood pressure, increase energy and stamina, boost bone strength, prevent weight gain, enhance your well-being, reduce your risk of osteoporosis, breast and colon cancer, and non-insulin dependent diabetes.

Some things to remember when walking:

- **Begin with short distances** – increase your time or distance by 10-20% each week.
- **Focus on posture** – keep your head lifted, tummy pulled in and shoulders relaxed. You can swing your arms naturally.
- **Breathe deeply**
- **Avoid traffic accidents** – be aware of your surroundings, walking on sidewalks is best if they are available.
- **A friend by your side** – a great way to spend time with a friend. They will also motivate you.

Get out and participate in the simplest positive change for your body. Start walking today!

For more information, contact the Wabaunsee County Extension Office at 785-765-3821 or email Bernadette Trieb, [btrieb@ksu.edu](mailto:btrieb@ksu.edu).