

MOVEMENT MATTERS CLUB: MOVE FOR YOUR HEALTH!

WALK YOUR WAY TO BETTER HEALTH

The average American gets fewer than two-thirds of a healthy daily step count. Most of us sit too much and walk too little, which can affect our mental health and physical health. Walking more can improve many different areas of our health and lives! It's an easy and inexpensive way to improve health – one step at a time.



GET GOING

How Can You Walk to Better Health?

- 6,000+ steps/day if you're over 60
- 8,000+ steps/day if you're under 60
- Start by slowly adding more steps to your personal baseline
- Find interesting, new places to walk like parks or trails
- Walk with a friend and share social time
- Walk indoors during cold, hot, or inclement weather
- Park farther away from the door at work, the grocery, etc. to add extra steps
- Set small, achievable goals
- Track your progress

ABOUT WALKING

Wonder why walking is so important? Here are a few things walking can improve:

- Cardiovascular health
- Weight maintenance
- Mobility
- Mood
- Overall mental health
- Social life
- Vitamin D exposure (when walking outside)

Join us in increasing daily steps to help increase overall health! We are committed to helping you live your best life. Walk more, do more, with Body One Physical Therapy!