

# SEPTEMBER WELLNESS

# WALKING!



Whether you would like to work towards the recommendation of 150 minutes of moderate-intensity physical activity per week, or incorporate a quick 10 minute stress release, you will find that walking is a beneficial addition towards your well-being!

## ***Benefits of Walking Include:***

- \* **Sharpening Your Brain.** Walking may help reduce the risk of brain disorders such as dementia. A study published in the Annals of Neurology indicated that the risk of developing Alzheimer's disease was significantly lower for participants who followed the American Heart Association guidelines for exercise.
- \* **Boosting Your Moods.** Walking for exercise, as with all types of cardiovascular exercise, increases the release of endorphins in the body. When endorphins are released, it has been shown that stress is reduced and feelings of happiness are increased. To enhance the boost to your mood even further, you can take your walk through nature. Walking in nature has been linked to additional benefits, such as reduced feelings of frustration and possibly reaching states of meditation.
- \* **Decreasing Pain From Conditions Such As Arthritis and Fibromyalgia.** Those with arthritis and fibromyalgia have found that walking can help in reducing symptoms and lessening pain. Walking has also been linked to improved physical function. (Always check with your physician before beginning an exercise program, and ease into the program slowly).

To learn more about the benefits of walking, such as improved glucose levels, increased immunity and help with memory, click here: [10 Amazing Benefits of Walking](#)

Additional resources for walking you may like are:

[Why Walking-Specific Shoes Are Crucial](#)

[This Is What Happens To Your Body When You Walk](#)

[Ways to Amp Up Your Walking to Lose Weight, Tone, De-Stress and More](#)

Are you looking for a little accountability or a goal for walking?  
Watch for the WSHG Community-Wide Program coming later this month:

**“WEST SUBURBAN WALKS! ~ walk your way to a 5k”**

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**West Suburban Health Group Website:** [westsuburbanhealth.com](http://westsuburbanhealth.com)

**Health Provider Websites:** Fallon: [fchp.org](http://fchp.org) Harvard Pilgrim: [harvardpilgrim.org](http://harvardpilgrim.org)

Tufts: [tuftshealthplan.com](http://tuftshealthplan.com) Blue Cross Blue Shield: [bluecrossma.com](http://bluecrossma.com)