

Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

Proposed publication date: July 24, 2017
Content provided by: Alberta Health Services

Summertime walk for wellness

Walking is one of the easiest ways to get the exercise you need to stay healthy. Experts recommend at least 2½ hours of moderate activity (such as brisk walking, cycling, or yard work) a week.

You can make walking an important part of your life by getting friends and family to join you and finding new ways to put steps in your day. Joining a walking group and setting goals to walk will help build walking into a regular part of a healthy routine.

Some people like to track their steps through a phone app or a pedometer. Using one of these step counters can help to set short and long-term goals for how much you walk in a day. Other people like to set alarms in their phone to remind them to walk. No matter how you choose to remind yourself to get up and walk, doing a bit each day improves overall health, mood and creates good habits.

Here are some tips to be safe while outside walking:

- Know your surroundings. Walk in a well-lit, safe place.
- Carry a cell phone for emergencies.
- Wear comfortable shoes and socks that cushion and support your feet.
- Pay attention to your walking surface. Use sidewalks and paths.
- If you usually walk outside and the weather is bad, take comfortable shoes to the mall and walk several laps inside.
- Drink plenty of water before, during, and after you are active. Take a water bottle with you when you walk. This is important when it's hot out and when you do intense exercise.

For more information visit:

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=tp23026&#tp23027>