

### **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](mailto: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>

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### **Walking for Fitness**

Warmer days are ahead and make getting outside for a walk an easy and enjoyable way to add exercise to your day. Health Canada recommends healthy adults under the age of 65 get at least 2.5 hours a week of moderate physical activity. Simply adding a brisk walk to your daily routine can improve overall health.

Create a few habits to help make your daily walks fun and help you maintain a healthy level of activity.

- Begin by setting a goal. You may want to start with a brisk 30 minute walk each day and work your way up to 10,000 steps a day.
- Wear comfortable footwear that provides protection and supports the foot.
- Try tracking your steps with a phone app or a pedometer.
- Schedule a 15 or 30-minute walk before work in the morning, into your lunch hour or immediately after work.
- Daily dog walks are also a great way to keep up both you and your four-legged friend healthy.
- Whenever possible, walk to appointments, meetings or to run errands.
- Get to know your neighbourhood by taking a slightly different route each time you walk. You just might find some hidden gems near home.
- Find walks that include hills or stairs to increase your challenge and improve cardiovascular benefits.
- Join the #AHSFitFam and encourage family, friends and colleagues to get active and engaged with you.

Using a few simple tips can help make a daily walk one of the most pleasurable parts of your day.