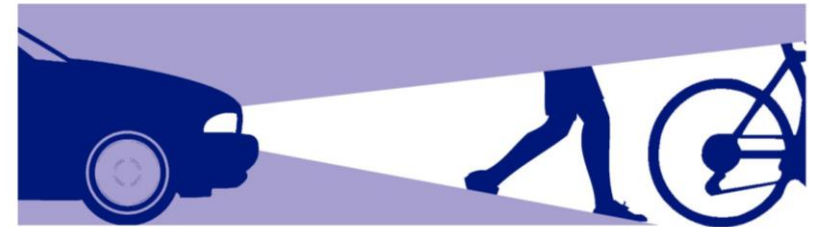


Health Benefits of Walking



Public Health
Prevent. Promote. Protect.
Santa Cruz County



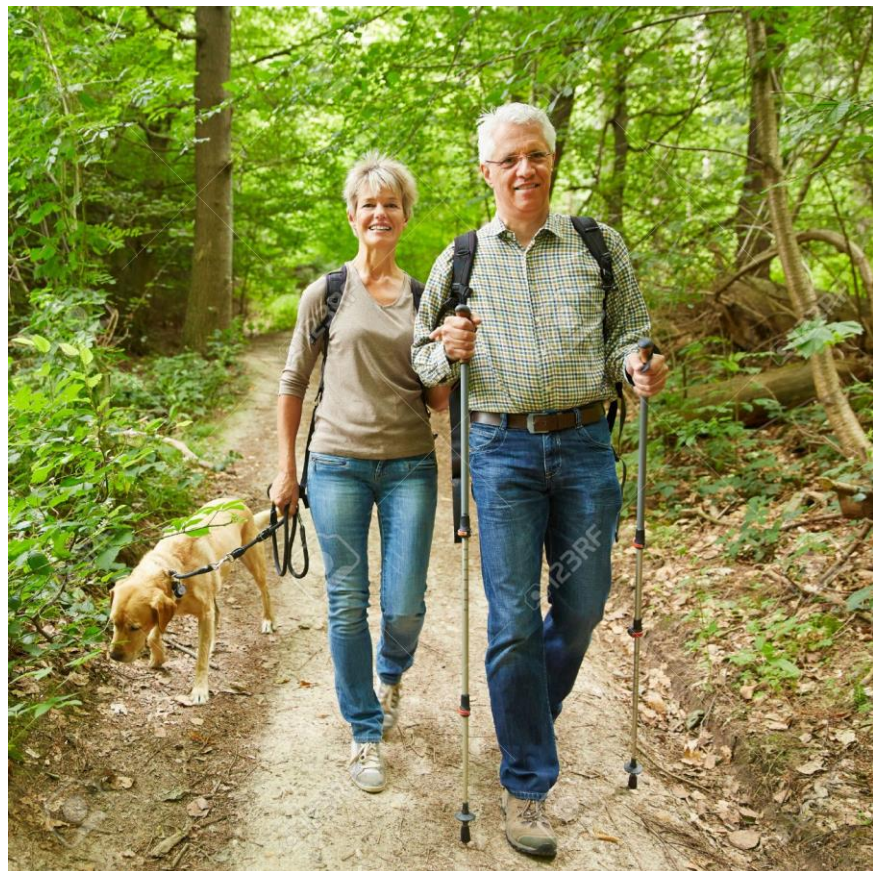
**COMMUNITY TRAFFIC
SAFETY COALITION**

Why should you walk?

- CDC recommends 150 minutes of moderate intensity aerobic activity per week for adults
- Walking is a free activity that many people can do in their own neighborhoods
- Walking can help improve cardiovascular health, strengthen your bones, reduce excess fat, and prevent chronic diseases



Health Benefits of Walking



- Walking can improve your mood
- Walking consistently can lower your blood pressure
- Walking more can help you burn calories and maintain a healthy weight
- Participating in walking groups helps you walk safely and more consistently

Source: <https://www.prevention.com/fitness/a20485587/benefits-from-walking-every-day/>

https://1ygak12o7sao44b0l64btzea-wpengine.netdna-ssl.com/wp-content/uploads/2021/06/AW-Health-Benefits-of-Walking-5_28_edit-1.pdf

Build walking into your routine!

- Don't worry if you can't walk for 30 minutes at one time, start slow!
- There are lots of ways to add walking into your schedule
- Be consistent and schedule it at a regular time that is convenient and safe for you to walk
- Take it at your own pace!



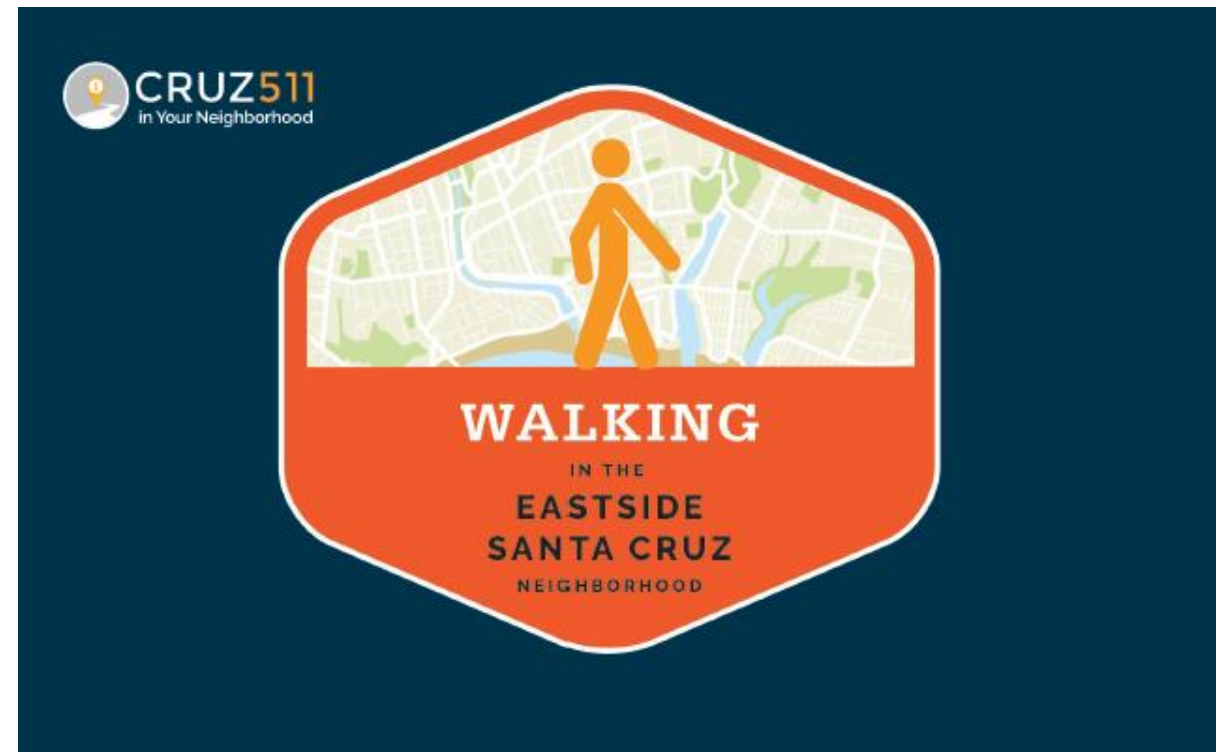
Work your way to harder walks



- Walk at your own pace and work up to a more challenging walks
- As you walk more, you can go faster, longer, and farther to make it more challenging
- When regular walks become too easy, you can do lots of things to make it a better workout

How can you keep walking interesting?

- Walk different paths, walk in groups, walk longer distances, count your steps and set goals
- There are lots of parks and destinations you can walk to in Live Oak and Seabright
- County Public Health has developed safe walking routes in the Live Oak and Seabright area



Tips on walking safely



- Warm up and cool down before you start your walk!
- Wear bright clothing to be visible and comfortable walking shoes
- Maintain good form when walking to prevent injury

THANK YOU!

- If you have any questions, please feel free to reach out to us at the following contacts:

831-454-7551

ctsc@santacruzcounty.us