

Walking for Wellness

Did you know that **walking** is Canada's number one choice for physical activity? It is great for physical and mental health! It can help to reduce risk of coronary heart disease, lower blood pressure, strengthen bones, relieve stress and it can be a social activity done with others! Walking is convenient, inexpensive, safe and requires little skill or equipment.



If starting a physical activity program, take a look at the Physical Activity Readiness Questionnaire (PAR-Q) which is a 1-page form to see if you should check with your doctor before becoming physically active.

<http://www.csep.ca/CMFiles/publi/parq/par-q.pdf>

When you are ready to get started on a walking program, make sure you have a good pair of walking shoes and dress properly for weather conditions. Gradually increase the time, distance and frequency that you walk. Find ways to motivate yourself to keep going; use a pedometer to track

your distance, walk with a friend or group or step-out and do it on your own. You can check to see if your community has a walking program, and start one if there isn't any. When walking for exercise, you may stimulate your appetite and burn extra calories. Be sure to make healthy food choices, eat a balanced diet based on Canada's food guide, <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php> and drink enough water.

Find Community Wellness Team programs on focusing on physical activity ("Introduction to Exercise" Class and "Build on the Basics" Intermediate Exercise Class) and a variety of Nutrition Topics: [CLICK HERE TO SEE A SPRING LISTING OF PROGRAMS AND CLASSES](#)

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Beausejour

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