



LARIMER
COUNTY

JUNE 2023

HEALTHUPDATE

Get Exercise and Stay Healthy

WALK YOUR WAY TO HEALTH

Walking for at least 20 minutes a day can improve your overall health.

Reap the benefits of walking with the following tips.

SET YOUR PACE



Maximize your walking health benefits by setting a brisk pace. Warm up with a slow pace for about five minutes, then increase your walking speed to achieve 90–150 beats per minute (BPM). A brisk pace trains your body to efficiently move oxygen and blood to your muscles and improves the health of your heart and lungs. End your walk with a slower pace for five minutes to reduce stress on your muscles and joints.

LOWER YOUR RISK OF CERTAIN CANCERS



Regular exercise, such as walking, can help lower your risk for certain cancers, including breast, prostate, colon, uterine, and pancreatic cancer. Studies have shown that consistent physical activity can help you maintain a healthy weight and regulate hormones that can cause cancer. Walking can also boost your immune system.

ADD VARIETY TO YOUR WALK



Research shows that people who exercise regularly are more likely to reach their fitness goals and stay mentally stimulated when varying their routine. Try different indoor locations such as a mall or recreation center to avoid unpredictable weather and change up your route. Choose a podcast or audiobook that you only listen to on your walk to add some entertainment and encourage consistency.