

# Wellness Tip:

## Walking for fitness: How to trim your waistline, improve your health. Excerpts from the Mayo Clinic website

### Benefits of walking

Walking for fitness can help you achieve a number of important health benefits. For example, you can:

- **Reduce your risk of a heart attack.** Walking keeps your heart healthy by lowering low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol) and raising high-density lipoprotein (HDL) cholesterol (the "good" cholesterol). A regular walking program also reduces your risk of developing high blood pressure, a factor that also contributes to heart disease.
- **Manage your blood pressure.** If you already have high blood pressure, walking may reduce it.
- **Reduce your risk of developing type 2 diabetes.** Regular exercise reduces your risk of developing type 2 diabetes. If you're a woman, overweight and at a high risk of diabetes, walking can improve your body's ability to process sugar (glucose tolerance).
- **Manage your diabetes.** If you already have type 2 diabetes, taking part in a regular walking program can improve your body's ability to process sugar, lower your blood sugar, reduce your risk of heart disease and help you live longer.
- **Manage your weight.** Walking burns calories, which can help you manage your weight. For example, middle-aged women who walk more than 10,000 steps a day have lower levels of body fat than do women who are less active.
- **Manage stress and boost your spirits.** Going for a brisk walk is a great way to reduce stress. Regular walking also can reduce feelings of depression and anxiety.
- **Stay strong and active.** As you get older, walking for physical fitness can prevent falls, help you stay mobile and maintain your independence.

If you have been looking for a little extra motivation to get started on a walking program how about forming a walking club? If you are interested Suzan Thompson one of our newest residents would like to know. Suzan has served as a Health and Wellness Director for the YMCA of Snohomish County for the past 25 years. In her retirement she'd love to begin a walking club and serve as your volunteer leader. There is an interest list in the Honu Street office or email [communityrelations@hawaiianshorescommunity.com](mailto:communityrelations@hawaiianshorescommunity.com) She promises to get right back to you.