

Benefits of Walking

- **Health**

- By now almost everyone has heard that walking is good for you but do we really know just how good it is for us?
- According to the Mayo Clinic
 - Reduces chances of dementia
 - Lowers blood pressure
 - Reduces heart rate
 - Reduced blood sugar
 - Lowered cholesterol
 - Less joint pain
 - Helps lose weight
 - Improves depression
 - Better memory
 - Develops better balance
 - The list goes on

- **Walking in a group**

- Safer in event of dogs
- In the event of a fall
- Medical emergency
- Feedback
- Make friends
- Support group encouragement

Things you need to know before you walk

- **Where should I walk**

- Approved route
 - Someone has walked it for safety and dogs
 - Well light if dark out
 - It is the right distance for your experience
- Your neighborhood if you have walked it during the day
- Level routes only, at first
- Stay out of rough neighborhoods
- Don't walk a strange neighborhood if there is ANY chance to get lost

- **Can I walk in my condition**

- Most conditions allow walking
- We have people who use canes, walkers and wheel chairs and are participating
- Often times, walking with improve most conditions

- **Should I have my doctors permission**
 - By all means
 - If you can walk and carry on a conversation
 - You should know if you think you need Dr. permission
 - If you would feel more comfortable...do it
- **How can I do to be safe**
 - Go with a group
 - Plan it
 - Know what to look for
 - Let someone know if you're going a different place/route
 - Take your cell phone and or medic alert
 - **Cell** phone medic alert
 - Walmart \$50.00 and 14.95/mth
 - Light colored or reflective cloths
- **How often should I walk**
 - At least three times per week
 - Start easy
 - Increase it when you can
 - More is better
 - The benefits are cumulative
- **How long or how far should I walk**
 - Start with 15 to 30 min
 - Increase it 5 min. every 3rd or 4th time
 - Don't try to walk too far at first
 - It's good to push but be safe doing it
 - We have prepared one mile, one and one half...3 mile routes that are sanctioned
- **What is wrong with my neighborhood**
 - Nothing
 - Dogs?
 - Rough walking surface
 - Easy to get lost after a few blocks
 - Characters hanging around
- **What is the best time to walk**
 - Morning
 - After breakfast
 - During the day
 - When you feel your best
- **What if I don't feel like walking today**
 - Do it any way
 - "Suck it up" just this once
 - Would you be proud of yourself if you did?
 - "There is never an excuse good enough not to walk"

- Alright, if you really don't want to
- Don't make a habit of it - not doing it creates habit tracks in your brain
 - You are walking to make changes
 - Don't be too easy on yourself
 - It is just walking
 - Laying out creates Cholesterol (more on that later)

What should I bring in my "Walking Pack" (waist pack or back pack)

Pedometer	Bottled water
Snack bar	Glucose tablets if diabetic
Tissues	Emergency contact information
Couple of bucks	Cell phone and/or medic alert device
Medical bracelet	Rain poncho or fold up rain jacket
Tiny first aid kit	A friend
Sense of humor	

What not to bring

Music earphones	The dog
Purse	Too much cloths
New shoes	Bad mode

- Who I am Former Old Fat Sick man
- Who I am not - No degrees - No Certificates
- Where I have come from
 - 40 pounds down
 - 10 inches less across the belly
 - No more high blood pressure medicine
 - No more cholesterol medicine
 - Almost all diabetes medicine is gone
 - Spent 2 years in health research reading newsletters from:

- Teaching Hospitals
- Private labs
- National labs
- Colleges and research universities
- Newspapers
- Magazines
- And interviewed health care professionals
- Uncovered no rocket science
 - Just simple things they have been telling us all along
 - I have never broke a sweat and I don't belong to a gym
- I asked my neighbor who is a health care specialist to look at my program
 - Didn't anything we don't already know
 - Found I have packaged the components into a program
 - Low cost
 - Easy to follow
 - Benefits start very quickly
 - Program goes on and can become a way of life

A. I. M. means “Activity IS Medicine

- I have taken information from the above sources
- Learned by finding the same conclusions over and over about what makes up good health
- Learned what causes poor health
- Learned what to change to return to good health
- Summarized it
- Simplified it
- Put the pieces together into a program that worked not only for me but for others