

Take Charge of Your Health and Start Walking!

Walking is one of the easiest ways to exercise. You can do it almost anywhere and at any time. Walking is also inexpensive. All you need is a pair of comfortable shoes. Be sure to check with your health care provider before starting a walking program or any other form of exercise.

Walking will:

Increase the number of calories your body uses

Give you more energy

Make you feel good

Help you to relax

Reduce your stress

Help control diabetes

Tone your muscles

Help control your appetite

Help improve blood circulation

First Steps **Walking right is very important.**

- Walk with your chin up and your shoulders held slightly back.
- Walk so that the heel of your foot touches the ground first. Roll your weight forward.
- Walk with your toes pointed forward.
- Swing your arms as you walk.

Safety Tips **Keep safety in mind when planning the route and time of your walk.**

- ✓ Do not wear jewelry.
- ✓ Do not wear headphones.
- ✓ Be aware of your surroundings.
- ✓ Walk in a group at all times.
- ✓ Walk in the daytime or at night in well-lighted areas
- ✓ Notify your local police station of your group's walking time and route.



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu