

May ~ The Perfect Month To Start Walking!

Walk? Who has time in their busy schedule to walk? You Do! Really! You just need to make it a priority ~ and it's not as hard as it may seem.

May is the PERFECT month to get outside and MOVE! Vegetation is green, bursting with new growth. Fragrant spring flowers are everywhere. Birds and butterflies are all around us. Yet in the blink of an eye, it's going to be June, and HOT. If you blink too long in Texas, you'll miss our short spring season. So don't waste another day! Get outside and WALK!

So I still haven't convinced you to put the remote control down and open that front door? You are still wondering HOW you could fit walking into your busy schedule? Well, here are some potential benefits you may receive from incorporating a walking routine into your life. Hopefully, these benefits will motivate you and help you make walking a priority in your life:

- Reduces risk of heart disease, diabetes, and more
- Lowers cholesterol
- Reduces stress
- Burns calories
- Lowers blood pressure
- Improves quality of sleep
- Improves mood and outlook on life
- Strengthens back muscles
- Strengthens your bones
- Allows time with family and friends
- Shapes and tones your legs and bottom
- Requires no equipment

Remember that walking can be done almost anywhere for free while being easy on your joints. Yeah! Now you're motivated! But before you lace up those shoes, don't head out the door just yet. Let's go over some walking do's & don'ts to help ensure a successful and injury free adventure!

DO:

See a doctor ~ as always, talk to your doctor before beginning any exercise program.

Drink water! Start drinking BEFORE your walk, during a long walk, and after your walk.

Wear walking shoes and comfortable clothing.

Warm up ~ take the first five minutes at a slower pace. This will slowly warm your muscles and help prevent injury.

Stretch ~ after warming up. Take 5 minutes to stretch your muscles and help prevent injury.

DON'T:

Do Not continue walking if you have chest pains, are overly tired, dizzy, feel pain or experience shortness of breath. Stop walking and immediately see a doctor.

Don't walk outdoors if it is extremely cold, hot or humid. Go to an inside track or mall instead.

Don't walk during a lightning storm. Head for cover.

Our bodies were created to MOVE! It is our responsibility as owners of our bodies to keep them moving and healthy! It is OUR choice. Every morning ~ when we wake up and start a new day ~ we choose what our priorities for the day will be. Today, choose to open the door, step outside, and WALK. You won't be disappointed. And you will be that much stronger and healthier than you were the day before!

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And don't forget to stop and smell the flowers! Smile! Life is a GIFT!

The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. Decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.

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