

WALKTOBER

By Health ICT

“Walk with Me” during *Walktober*!

Whether with a friend, family member, neighbor or pet, having a walking partner will remind you to get moving while you enjoy October’s mild temperatures. This is a perfect opportunity to encourage your patients to walk!

Why do we need a designated month to put one foot in front of the other? On average, experts say, we take a fraction of the recommended 10,000 steps per day. Walking is an easy exercise that packs powerful benefits, such as weight management and blood pressure control. Walking also decreases your risk of a heart attack, lowers your risk of a stroke and even protects against hip fractures. It is recommended to engage in at least 30 minutes of activity five or more days of the week and walking is a perfect way to meet that goal. Visit facebook.com/walktoberwichita or hwcwichita.org for more information.