

JOIN OUR WALKING GROUP

Lace up your sneakers and join us as we get
moving together.

All levels of fitness are welcome!



Meeting Place: _____

Day/Time: _____

Contact Information: _____

small steps
make a
BIG
difference

Take the step. Get active.

MOVE IT

change happens

ONE STEP

at a time



Take the step. Get active.

WorkWellKS

Let's walk & talk

Moving improves creativity – Try a walking meeting



Take the step. Get active.

WorkWellKS

Mental block?

Take a walk around the block



Take the step. Get active.

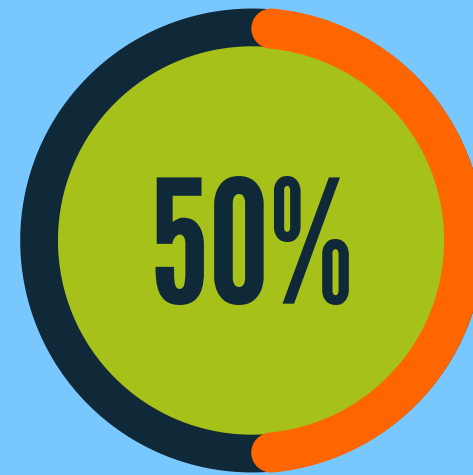
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WALKING TO BETTER PHYSICAL HEALTH

Regular
walks can
reduce the
risk of:

(Lee & Buchner, 2008)

Type 2
Diabetes by:



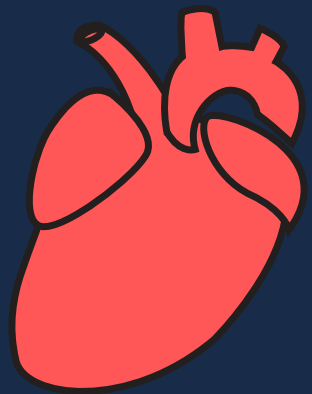
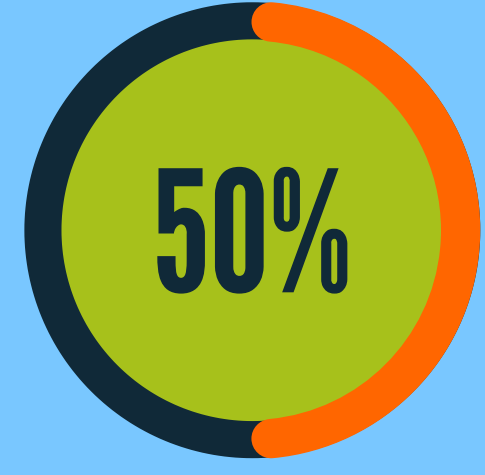
Strokes by:



Heart
Disease by:



Some
Cancers by:



Walking keeps your heart,
lungs, and circulation healthy



A BRISK 20-25 MINUTE WALK EVERY DAY



CAN ADD SEVEN YEARS TO YOUR LIFE!

(Sharma, Merghani, & Mont, 2015)

WALKING BOOSTS YOUR IMMUNE SYSTEM,
KEEPING COLDS AND THE FLU AT BAY

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WALKING FOR BETTER MENTAL WELL-BEING



Walking can make you happier by releasing endorphins throughout your body, which can improve your mood



Walking with others increases our sense of connectedness

Walking is an effective way to reduce depression, anxiety, and stress.



Daily walks can improve your memory, sometimes decreasing risk of dementia by **45%** (Meng, Lin, & Tzeng, 2020)

Walking helps you sleep better,



giving you more energy throughout the day



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