



STEPTember isn't just about winning a cool trophy for the county or a chance at a Fitbit for you, it's also about creating a healthy habit that can add years to your life!

Walking is one of the easiest ways to start exercising, and it has loads of benefits for long-term health. Here's a few:

### Tips for starting a healthy habit:



Start low and progress slowly. If you're just beginning to exercise, start cautiously and progress slowly.



Build activity into your daily routine. Schedule time to exercise as you would any other appointment.



Allow time for recovery. Plan time between sessions for your body to rest and recover.

1. Walking improves your flexibility
2. Walking paired with a healthy diet can promote weight loss
3. Brisk walking for 30 minutes can reduce risk of type 2 diabetes by 30%
4. Walking once a week can cut risk of early death by 20%
5. Walking can boost creativity
6. A 15 minute walk can reduce sugar cravings
7. Walking and regular exercise help your immune system
8. A 10-minute walk can be as beneficial as a 45-minute workout in reducing anxiety and depression
9. Regular walking can help ease joint pain
10. Walking for 30 minutes can help with blood pressure reduction



Record your steps at [bit.ly/STEPTEMBER21](https://bit.ly/STEPTEMBER21) or scan the QR code:  
For more information about the benefits of walking listed  
above, visit [ultrager.memberclicks.net/annual-county-walk-2021](https://ultrager.memberclicks.net/annual-county-walk-2021)

