

Why Walk?

- ☞ You will have more energy!
- ☞ You will sleep better!
- ☞ You will feel better!
- ☞ You will be a role model for your family!
- ☞ You will have a stronger heart!
- ☞ You can reduce your blood pressure!
- ☞ You can maintain or lose weight!
- ☞ You can reduce your stress level!
- ☞ It is easy and relaxing!

Safety tips

- ☞ Talk to a doctor or nurse before you begin a walking program.
- ☞ Drink plenty of water before and after walking.
- ☞ Stretch muscles before and after walking.
- ☞ Wear comfortable shoes and clothes.
- ☞ Try to walk with a buddy.
- ☞ Walk on sidewalks when available
- ☞ Walk facing traffic.
- ☞ Tell a friend or family member where you are going.
- ☞ Listen to your body.

Support for this resource was provided by the
Northeastern NC Regional Cardiovascular Health Program



Walking Paths



In Grifton



HealthAssistSM