

Retiree Corner:

Walk at least 30 minutes per day for good health

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A daily routine of 30 minutes or more of brisk walking can help you control your weight, lower cholesterol, strengthen your heart, and reduce the likelihood of serious health problems down the road. And since America is spending more than ever on preventable health problems such as obesity, heart disease and type 2 diabetes, every step you take can help build a healthier nation.

The U.S. Surgeon General also reports that a minimum of 30 minutes of moderate physical activity, such as brisk walking, on most days of the week can produce long-term health benefits. The President's Council on Physical Fitness and Sports recommends at least 30 minutes a day, on 5 or more days a week, or 10,000 steps daily measured by a pedometer. Not everyone can achieve 10,000 steps a day; but almost everyone can find ways to build walking into each day to accumulate at least 30 minutes of physical activity.

If you need further proof, according to the Mayo Foundation for Medical Education and Research, when done briskly on a regular basis, walking can:

- Decrease your risk of a heart attack•
- Decrease your chance of developing type 2 • diabetes
- Help control your weight•
- Improve your muscle tone•
- Promote your overall sense of well-being•

Information provided by www.fitness.gov.