

# HEALTHY @ HOME



## GO FOR A WALK

Walking has so many awesome benefits and can be a great workout while still practicing social distancing.

### REASONS TO ENJOY WALKING:

- Leisure walking can help reduce your stress level by decreasing the levels of cortisol (stress hormone) in your body
- It's a low-impact exercise that helps build bone strength
- Walking helps to improve circulation and aids in digestion
- No equipment necessary – except, of course, a pair of shoes
- You can involve the entire family, even our 4-legged family members
- You can have some alone time to pray, listen to music or a podcast, or just enjoy nature

### STAY CONNECTED:

Will you commit to joining me for a virtual walk this week? Let's see how many miles we can walk, collectively. It's easy! Just email me or comment on our Facebook post about the Walking Challenge with how many miles you walked or how long you walked for each day this week.

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