



Walk for Health

CHALLENGE

Walk daily to improve your health

Requirements to complete this HEALTH CHALLENGE™

1. Read “Walk for Health.”
2. Create a plan to make walking a regular part of your day.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Illinois-resident Lynn Kata stepped on the scale 40 pounds overweight, she knew some things had to change.¹

Soda, sugary drinks, and fast food were a regular thing. And exercise? No so much.

But she was determined to get healthy. She started making better food choices. Then she decided to give exercise a try.

“I started walking every morning,” says Lynn. “Each day I went a little farther and faster until I was walking about three miles each time.”

At first, it just felt like a lot of work. But little by little, she started to see results.

Looking for an easy way to improve your health? It starts by taking the first step. Take the month-long health challenge to Walk for Health.

Take the Walk for Health Quiz:

How much do you know about the health benefits of walking.

- | | T | F | |
|----|--------------------------|--------------------------|---|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | Walking can help strengthen bones and improve balance. |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | Walking 60 minutes a day for a year would burn about 146,000 calories or about 40 pounds. |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | It would take about 30 minutes of brisk walking to burn off the calories in a donut. |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | Walking can help reduce the risk for heart disease, diabetes, poor bone health, and depression. |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | Less than half of all adults in the U.S. get at least 20 minutes of aerobic exercise a day. |

How did you do? The average adult only walks about 3,000 to 5,000 steps a day, which is typical if you’re not very active. As for the donut, you might want to think twice before you eat another one. Walking is a low-impact and low-cost way to improve your health, prevent disease, and live longer.² And you can start...right...now.

Answers: 1 True 2. True 3. True 4. False 5. True

Walk the Path to Better Health

Do you think you can make walking a regular part of your day?

At first, Lynn wasn’t sure. She struggled to walk daily, eat healthier, and adopt this new routine. And then something started to happen.

“I was thrilled to see that the weight began to slowly go down day by day,” says Lynn. “It felt good to be outside. My mental health was benefitting, too. And I really started to see my body change.”

After about a year of consistent effort, Lynn lost those 40 pounds. And now she’s on a mission to help other people.

“I hope my fitness journey will inspire other people to take back their healthy,” says Lynn.

Want to lose weight, reduce stress, and lower your risk for chronic disease?³ Walk the path to better health.

Walking for good health
<https://tinyurl.com/vcdsz48e>